

3
P A N A L A
M E D I C A;
V E L
S A N I T A T I S E T
L O N G Æ V I T A T I S
Alumna Catholica :

The fruitfull and frugall
Nourse of sound Health and
long Life.

Per Guil: Folkingham Gen:
Math. & Med. studiosum.

*Principiis obsta; sero Medicina paratur,
Cum Mala per longas invadere Moras.*

L O N D O N,
Printed by Miles Flesher.
1628.

3
 P A N A L
 M E D I C A
 V E L
 S A N I T A T I S E T
 L O N G E V I T A T I S

Alumna Carolinae

The British Museum
 North Room



For Gift: Folkingham Gen.
 N. 10. 6. 14. 14. 14. 14.

Printed by Miller & Co. 1788.
 Cambridge

L O N D O N
 Printed by Miller & Co.
 1788.



*To a much enobled Wingfeild my Magnifique
 Maccena's, and The Warbie's who designe
 Stanfordian Celebrates of Meets, munifique
 Accommodates to animate sh' Ensigne
 Of England's Patron great, for royall Standard
 To th' Rendezvous of their endeav'd Regue;*



An it bee conceived
 (Honorable and gen-
 tile Spirits of ingenu-
 ous magnificence) that
 the yet continued
 Fame that the first
 British Bowers for the Muses were
 built vpon the banks of Welland, sprung
 meerey from the bold Fiction of a
 Phanatique idle Braine? Must it be ad-
 mitted that the bright Pillar of such a
 name could with so long lasting du-
 ration towre vp from an empty Fur-

The Epistle

nace, that neuer was fraught with the
foizon, nor ever felt the feruor of sub-
stantiall fewell? Shall meere coniec-
ture make slight the authoritie of yet
extant Records (*Chronique writ and
Aulique foundation*) contesting that *A-
pollon Daughters* honoured *Stanfordian
Cells* with their *Mayden-immirage*
and first residence in this Isle, long be-
fore the *Northerne Academiques* (salne
by discision from the *Southerne*, and
flitting from the *Occidentall* to the *Ori-
entall Foord*) seconded their settling
here, in their endeared Reflex to the
former? Howsoever, whether the
first foundation were dissolved through
*Malinge or no, Tomes, Honours, and
Times*, we see, haue their *Tides, Turnes
and Periods*: the *Muses* by Regall writ
commanded to be banned and reman-
ded to their forsaken Foord, this their
deare Delight, thus deprived of their
Cordiall Musicke, and after demolisht
by *Manors* (maugre Castle and begir-
ting

Dedicatorie.

ting Wall) could neuer yet lift-vp her
obruite head from vnder the heavy rub-
bish of ruinate depresseure, threatning
her with obscuring pouerty to interre
Ancient Renowne in eternall obliuion.
Such yet is the accommodation of the
place, both for action and contempla-
tion, as may well induce present times
and posterity to approue of the attestis
of Antiquity, touching the affections
of the *Camana* caught with the ameni-
tie of the site of this Towne, within
whose confines *Six Conents* of *Mona-*
stiques, for the singular salubrity of the
Soile, *Water*, and *Aire*, chose their
Cels of commorance. Yea *Nature* her
selfe, hauing moulded this Plat-forme
for ends of more eminence, than yet
are seene to succeed her ordinance,
breathes forth incessant close murmu-
rings against the iniurious neglect of in-
considerate or slow-footed Fate, that
this *Center* to so sweet a Country (stel-
lified with so many magnifiquie Edi-

The Epistle

fices and Towrie Structures) so accommodate for *Navigation* (of Import and Export) and affluence of concourse, should not be honoured with the right of a *Portable River* for Mart, and of an *A&A* for *Shire-Towne* to competent extents, and to incompass *Rosell*. For matter of *Exercise* and pleasurable Recreations, and of Chase and Wing, in such sweet mixt Earths, interlaced with *Brookes* and *fordible Rivers*, *Heath*, *Forrest*, *Light Tilths*, large *Champaine* variegated with coole shades of some scattered Woods and *gentle-rising Hills* of *Easie Climbe* to *Plaines* of no tedious dimensions, leading over delightfull *Downs*, shallow *Dales* & *Valleys* of extended discent secure from break-neck *precipitatio*, it affords such variety of venerable venarie (*date veniam verbis*) to aggrate and satiate the eager quest of the most ranging appetite, that *Horse*, *Hound* and *Hawke* hardly find any place to parallel this Plot in the dinerse particulars

Dedicatorie.

riculars of *Race, Game and poursuit, viz.*
Hare, Deere, Fox, Otter; Partridge, Pheasant, Mallard, Heron and his Prey. The noble consideration and iust prizing of the premisses, hath invited and stirred-up the magnifike thoughts of many Honourable Personages to endear this Place, and by sundry wayes and means to endeuour its readuance to Repute, suiting in some reasonable sort with its true deseruing worth. Amongst which laudable purposes, I must euer magnifie your munifike noble Aymes of making *Stanford* the *Rendezuous* to the frequent *confluence* of good company, with your gracious reflect vpon my great Disbursments (ouer and aboue the Magnificent Bounty of euer-honored *Exeter*) to gratifie all friends with contentfull intertaine, and vpon in- iurious exposure to vniust sufferings, in my wel-willing to the weale of Towne and Country, by deepe wading in the *Nauigation of Welland*, which is long
since

The Epistle

since (through credulity of some superintendents, permitting vnseasoned and improvident Agents, without controll to abuse Noble Intentions, and burie bounteous contributes in ill-pondred pursuit of fond addle Plots) cast into a profound Sleepe. A Sleepe wherein deepe-wronged *Welland* is like to wallow and lye forlorne (howloeuver bewailed) till some ingenuous *Mercuriall Hand*, with the quickning *Spirit* of a *Golden Elixir* (more potent than the Care-charming *Caduceus*) discusse her soporiferous *Spirits*, rouze and raise-vp her torpid head, and right her rude dissheueld Locks, which shut forth the Sunne beames of *Beautie*, *Life*, and *Action*, from giuing bright splendor to deserued renowne. Which good effect of wished Cure and Cure hoping propitious Heauens will in due time maturely produce with other helpes of happy consequence, I haste to the *Medique part of Panala*, with intension of the

Dedicatorie.

the *Dietetique*, if, by Dignostiques of the Relish of this, I conceive any hope of dispensing that Composition, to please the palate of such *Worthies*, my ever honoured *Patrons* : to whose noble magnificence, desiring the indulgent favour to be devoted a most zealous and obliged *Serviteur*, I rest

Your incessant

true Observant

William Folkingham.

Dedicatory.

the Distinction, it, by Dignities of
the Religion, I conceive any hope
of dispensing that Composition; to
plate the plate of such Words, my
ever honoured Parents: to whose no-
ble magnificence, desiring the indul-
gent favour to be devoted, most res-
pectful and obliged servants, I tell

Your incessant

True Obedience

William Robinson



To the Reader.



Not much amisse surely
is the Assertion which
averts The Optimū,
Bene Valere; Secun-
dum, formosum esse;
Tertium, Divitias
habere nulla fraude quæsitæ: for Beau-
ty without Health can neither have set-
led continuance of Abode, nor any true
Being; nor a World of Wealth any right
relish of Pleasure. And though the true
extent of this comparative Tenet, in the
superlative Praise of Health, must admit
of confinement (Quoad summum Bonum)
not to out-reach the Ring or Limb of the
lowest Orbes, but designing limitation
ener.

To the Reader.

*euermore to bona mundana, Health
doublesse, in due esteeme of true worth, is
a greater blessing than that Courted
Beauty, or this Cordiall wealth. For in
regard, that Man being in Dures, un-
der the heauie Arrest of fettring Sicknes,
cannot, in any due performance, send vnto
or attend the end & office of his creation,
for discharge eyther of the duty of his
Calling vnto the world, or of his Beeing
vnto the worlds Creator, because the soule
though of Coelestiall Of-spring, whilest
it is seated in this our Earthly Pallace,
(or Prison much the rather) necessarily
Sympathizes with the body, and is so af-
fected with the expense of precious spirits
(Natures best Treasures) and with paines,
distractions, and other sufferings of the
same, that her Animall Faculties are de-
praued, and miserable bee deprived of the
sweet solace and happy comfort of Hea-
uenly Contemplation, and other both Di-
uine offices, and humane Obligations,
this inualluable Jewell of Health becomes*

To the Reader.

*a Heavenly Blessing in due Estimate, far transcending the valuation of all terrene Trash, how treasurable soever, extending its due prisall beyond the dimensions of this Basis. But how takes this Tenet with the world? Sinckes it into all our thoughts as it ought, and would if we did duly reflect them, as we should, upon the Divine Derivation? Surely it seldome or neuer sounds the Center of that heart which holds the fruition of that self-Gem, or bosome friend, sound and well settled Health; For Bona carendo magis quam fruendo agnoscimus, who neuer felt the disgust of the bitter cup of Sicknesse cannot rightly relish the sweet tast of Sanitude. But contraria juxta se posita magis elucescunt, Contraries are best illustrated and distinguishd by their contraries; and he, that after long durance or sharpe Torture of a grienous Disease, happily recouers some reasonable measure of healthfull state or relaxation from languor, well knowes and will acknowledge
with*

To the Reader.

with me, that Bona valetudo maximè
Divinum longeq; blandissimum est
vitæ condimentum, that sanitude is a
Celestiall most delicious condiment, and
the best seasoning to relish the Nectar-
sweets of a happie naturall Life. For non
vivere sed valere vita est, Health is the
Crowne and Life of Life, and Life with-
out Health is no Life, but even a lingering
Death, where both Animall Powers and
Corporall parts suffering, produce but
lame and depraved Actions. For Sicknes
being an affect against Nature (ex Dia-
metro Sanitati oppositus) seated in the
Bodie by intruding seisure, and of it selfe
primarily vitiating the Naturall State
and Constitution of Mans fabrick, per-
turbs and perverts both corporall and A-
nimall function, with disordered exorbi-
tance confounding the consociable Oeco-
nomie of the body, and with discordant
Iarrings distuning the Organs and di-
sturbing the happy Harmony of the Spi-
rits, those sacred Opifices accommo-
ding

To the Reader.

ting our Microcosme to all commendable actions. Now the most generall Seminary of Sicknes is superfluous Repletion, with which the strongest bodies are many times so overborne, that, like over ballasted Ships they suddenly sincke under the hea-
vie load of abundance, but the Cacho-
chymique corps fraught and crased with crudities, is euermore exposed to all the iniuries of the Six Non-naturals, in-
somuch that euery ingruent distemper of Heat, Cold, Diet, Labour, or other Er-
ror in th' use of any of them, plunges it into one Disease or other, euen like a cra-
sie Ship which is prone with enery rough Sea to spring Lecke, and bee dilacerated and split with enery Tempest. And who
sees not, that the full and foule feedings of this Nation (advanced through the vici-
ous lining of these times, which hales and drawes downe from Heauen a heauie curse upon all Creatures both Aliments and Elements) heape vp many crude and im-
pure superfluities which so vitiate the

B

tem-

To the Reader

temperature of the continent vessels and
deprave the harmonious frame of the
whole Bodie, that daily new broodes of
insolit and strange Diseases. (translating
Plinies Trecenturiall Number or sorts
of infirmities to infinite) assault mans
Bulwarke of Health, with insolent fresh
batteries till they sacke it with insulting
Demolish? Knowing then, that Repleti-
on is cured by Evacuation, and being by
long & infallible experience wel confirmed
in good approbation of my Panala (for fir-
munition against such Machines) whose
Medique part is bred and brought forth
by Infusion of a wel-dispensed Fund or
Bag of specifique Ingredients in ordinary
Ale (the Ancient drinke of this Isle) than
which there can hardly be. excogitated or
invented a more generall worthy Medi-
cine, that so cheape and choyce, without
any curiosity of Preparation or use by the
Patient, doth Tuto sans hazard, & ju-
cundè, nor griening with ingrate relish
of Physicke, nor over-lading with too
much

To the Reader.

much, & *sat scito, quia sat bene*, good speed is best speed, both conserue the salutarie state of the body, and preuent and cure most morbid affects and diseases incident to the same (by clensing and rectifying all parts and members thereof) whether deriuable from indigested ballastings or otherwise contracted, I could not dispense with an absolute concealment of its most precious worth, but in some sort, (*Quoad medicationis dispositionem, non medicaminis Compositionē*) communicate to the world, the manifold benefits flowing from the familiar & fruitfull operation thereof. But should I bee so fond, to promulgate to the Ingredient and dispence of the Fund or Bagge it selfe, I should too much derogate from the due esteeme and true dignitie of the Secret, and *miscendo sacra prophanis*, by lawlesse Publish much prophane the sacred Mysteries of Apollo. Though Charity her selfe then should plead her best in approvement of the Discouery with

To the Reader.

Bonum quo communius, eo melius; yet would neither the Empericke, nor the Methodist let mee passe without a Blow or a Brand; And worthily too, for Rerum minuit Maiestatem, qui divulgat Mystica, and with what delinier Passage or commendable posture could I fairly avoyd the vile and odious venue of begetting Broods of Mountbanckes, and so breed the baine in stead of the Balme both to priuate and publique Health, if Pandarizing to so deere a Progenie, I should unnaturally & basely prostitute so virtuous and worthie a Virgin, and so intimate and gentile a Handmaid of diuine Physicke to vulgar gaze, and the artlesse base abuse of euery Horch-leach, Quacksalver and Sophisticke? Pardon therefore my yet reserue of further Publication: I am not so ambitious to cast-hout to make this Magistrall a Cast net to catch Shoales or promiscuous Schooles of Pupils without distinction of worth or Merit. I pity both this popular silly-poor

Am.

To the Reader.

*Ambition of Professors, and the penurious
fond conceits of many Patients, who, to
save the least conceived trifle-charge of
Cure, will upon any small Hint of a Phy-
sicall helpe, bee either raw or more than
ripe Medlars in Medicines, and like
blind Byards rashly and rudely rush into
the unsounded Deepes of the Sacred
Mysteries of Medication; Faith and
workes are necessary Cooperants for sal-
vation of the Soule, but, to redeeme the
body from Dures of diseases and repaire
the ruines of impaired Healkh, it were to
be wisht that Patients would rather bee
constant, strong Solifidians in obsequious
conformitie to the counsell of the Physi-
cian, than busie bold Physmicaries:
Tactant fabrilia fabri: let not Patients
turne Medicine Mungers, but contain-
ing themselves within their proper
Spheres of Prayer, Confidence and
Regularitie, referre each Cure to the ho-
nest care of the Rationall Artist, who
knowes how to keepe the Golden Meane,*

To the Reader.

betweene the superstitious Empiricke, and the ambitious Methodian, both which doe many times make the best Recipies no better then prest and flat Decipies. For the obstinate Empiricke, grossly holding it a religious Tye, Iurare in verba Magistri, so superstitiously and wilfully weds himselfe to experimentalls, that he will not for a world of reason, decline or be drawne, ne latum quidem vnguem, not the breadth of a Haire, from a Probatum, but still in all his practice propines one and the selfe same (secret forsooth) totidem verbis & herbis, both in Dose and dispence, to euery man promiscuously. Now the capritious Methodian, out of curious singularity to transcend the spurned repute of Empiricic, and by his witty wanders to impregnate and beget good wits with wonder of his learned worth, without cause or causele, so commands ouer well approoued Medicines with his Protean Quid pro quo, that for most part he disables the Medicine of

To the Reader.

commanding over the Malady, and so not
seldome fails of finding that good successe
to attend his Pragmatique permutations,
which often crownes the constant course
of the lesse literate, but more humble
Practitioner. But the true Artist, well
knowing the pernicious issues of Empi-
ricall pertinacie, and the fruitles vanitie
of the Methodian his seeming all-seeing
perspicacie, nor peremptorily confines
himselfe to his Probatus, nor designs
change thereof but in rationall and iudi-
cious respect for proprietarie accommoda-
tion to the case of the cure in *Quest*:
This is The Physician, the man that will
for no cause (much lesse in politique cau-
tion to vindicate ignorance from cen-
sure) abandon and leaue his Patient in
deplorate diseases, but be they past the Pe-
riod of Cure before he be cald to counsell,
or essentially or casually incurable, will yet
continue his carefull endenours to recall
and congregate the wandring Spirits to
their Centers there to become quiescent

To the Reader.

*and calme, carminate and compose the
Animall Faculties in case of needfull exi-
gence, the better to enable the Patient to
call upon God, and recommend himselfe
to the Redeemer, & to mitigate and fa-
ciliate the Agonies and Pangs of Death,
that they may not interrupt the cheerfull
Anhelation and crying of the immortall
Soule for Abrahams bosom-Imbrace;
which heauenly happy end of diuine Phy-
sicke; imploring the Author and Actor of
Physicke (the endlesse Deitie) may crown
thy Catastrophe and mine upon this mun-
dane Stage with consolable close, I end,*

Thine vntill and after

that End.

W. F.



Panalaes Etymon.

ANd why Panala? Is't cause all meere-Ale
In sight and taste I seeme sans osher vales?
Not so confin'd; I serue for Bread and Broth,
Fell Thirst and Hunger keene I cure them both.
What's nutritiue, what t' Health or Dyet tends
The little bulke I beare all comprehends.
The languid Appetite I recreate,
Famelique spirits richly saturate,
Tracts fibrous for'th Mechanique t' operate
With vap'rie Nutriment, I reperate,
The corp'rall parts essentially I nourish,
Make th' Animalls effectually to flourish,
Good spirits wing with vine and aetieue vigors,
Malefique void or calme discourfant rigors.
I arme Man Cape à Pee gainst Humor-iarrings,
Whole troops of Sicknesse quell or daunt their darrings,
I cleere the phansie from fanatique wanders,
And Reason aye redeeme from false Meanders.
With blest Soules I best spirits symphonize,
With pure soile seed prolifique sympathize.

Nor

Panalaes Etymon.

Nor am I tyde to Ceres plain'st array
Sane when I suit my selfe to low ally,
Yet then sometimes my habit I doe varie,
And faire Pomona dights me for her Fairy.
When Truage unto courtly Dames I render
In due habiliments my selfe I tender.
Imbroydries faire from France and from Canaries
Make-up my mantle with what rich and rare is.
Fraught with choice Indian Plants endeard, enchase,
Quaint vivie Trailes my Kyrle entertrase.
Flora the Globe rounds, vertues best infuses
To prime Extracts whose pride my Robe diffuses.
With Pearles and Iems my Buskins are imbost,
My flowry Chaplet round with Beasperes cost.
What Tethys yeelds, or pregnant Tellus claims
Are subiects to my salutary aymes.
The Hawen of Health to gaine with erring Sterne,
Vertumnus like my Garb and Gage I Pern,
My forme, my face, my posture and my pall,
My corps contracting to dimensions small.
Yet nis my Ballast lesser then my Sayle,
What's the Disease in which I not auaille?
I am not tho, with doubtfull spirits fraught
Which kill in future by impressions raught
From dreadfull Minerals suruining Ghost,
Though desprate griefes with palliats they accoast.
Ingredients of suspect, each Drug that base is
Abandon'd balke my presenoe; Verdures, graces,

Secure.

Panalaes Erymon.

Secure-boon-vertues beaue in my Bower,
Where tainted Tinctures find nor place nor power.
Nor am I destitute of due equipage,
Though most I make my progresse without Page;
Select Attendants and Associates too
Are prest aye to performe what I bid doo.
My Harbinger with high Herculean hand
Th' Augean sordid Stals, each stagnant Stand
(Whose turgid grosse Illuies doth surround
Mans Edifice with Soakages profound,
Each Roome, each Closet, even his lofty Turret,
Taints and infests with vapours of ill Spirit)
Doth cleanse and cleere, eliminating all
That may my happy intertaine fore-stall.
Both Land and Water. Leech attend my Train,
Rivers and Rils or full or foule to draine.
Vssers me conduct to each Part each Place
Apert, opert, to what's of use of grace;
(Not that I need such Connoy, same for State,
Sith porous Blinds I selfly penetrate)
All which my choice Concomitants and I
Corroborate, Repaire and Rectifie.

Panalaes



Panalaes Encomion.

(relish?)
Wouldst thou the sweets of Corporall Pleasures
Of Touch, Taste, Senses all Delices cherish?
Make coorse home-fare more gustfull to the Palass
Than Feasts of costly Cates with curious Sallets?
With Banquet Physicke wouldst thou Nature feast
And altine vigor in whole man inuest?
Wouldst brooke secure th' Ayres various affects
In Bodies foule, straind Labors strange effects?
Wouldst scandalous diseases palliate,
Th' incurable subdue and mitigate?
Wouldst sweet repose sans turbid vaprie steames,
Fantasmaes fond and dire discursant gleamos?
Wouldst propagate vnto thy progenie
Rich beantie, feature, health, blest ingenie?
Wouldst Reason, Wit, Inuention, Memory,
And each power Animal well Rectifie,
Wouldst beauenly wise cleere, reserat and polish,
From whatsoere those faculties demolish,
All th' Organs by which their discursiue vigor
Moues, & the braine imbright like purest mirror?
Wouldst

Panalaes Encomion.

Wouldst wean thy warping will from wandring clew,
Wing Soule to contemplate Seraphique Thew?
Wouldst Chimaerique seisures supersede,
For longer Lease of Life produce thy Thread?
Wouldst healthfull line, till almie Nature crowne
Thy honourd Head with rev'rend Elds white downe?
Wouldst gently part with Soule and Bodies Tye,
And sans distracting relictation dye?
Panalaes Loars imbrace, and thou'lt agnize
Their seeds produce such fruits; and breed a Prize
Of more extent, rich use, true valued worth
Than my poore Queres can at full point forth.

Sine numine nihil.

May then Paul plant? Apollo water may?
Nor he, nor he, or th'one or th'other can
If heavenly hand do not their handlings sway;
But say they can: vaine are the works of man
If God blesse not: he onely gines encreases,
Addle and idle, else designs all are:
Say the Physician then against diseases
Prescribe aright, and his prescripts with care
Th' Apothecar dispensing doth propine
Vnto the sicke, whose diligence obserues
Each due direct from First vnto the Fine

And

Panalaes Encomion.

And from the tracts of learned rules ne're swarner.
Shall wit of man confine the Lord of Hosts
T'attend his wise behests, intendments blesse,
Seale with Amen, signe and make good his boasts
Of former Cures and Caus of sure successe?
Toto Cælo errat, who absurdly doth (stroke)
Means meere humaine confide sans main (heavens
A bainlesse bit, a cup of wholesome broth,
Vnblessed may man in a moment choake.
How can great Galen then with confidence
Of Physicke, ever safe prescriptions giue?
The wisest fondly act, learn'd speake Non-sense,
If Boones celestiall blesse not each contriue.
For without God, Mans wit no whit of good
Can tre beget for Life or lineli-hood.



The Contents of
this Booke.

OF the Quality and Nature of Ale,
the most accustomed and accommo-
date Body for the Base of this Com-
position. Page. 1.

That Ale is a fit Body & convenient Li-
quor, by Infusion to extract & imbibe
the Qualities, and virtues of Ingredi-
ents, and to participate them to the
Patient. 6

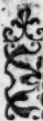
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date for Composition of Panala. 14

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Panala Medica.

CHAP. I.

Of the Quality and Nature of Ale, the most accustomed and most accommodato Body for the Base of this Composition.



Know it is almost a common received opinion, that *Ale* is a foggy fulsome stuffe, clogging the stomacke, stuffing the Lungs and puffing vp the body with loose fat, and flashie vnfound flesh; Nor am I ignorant of the Record of the ancient Poet (*Henricus Abrincensis*) who, in displeasure to a Pot of *Ale* that perhaps pleased not his palate, to cast a foule aspersiō vpon this our more ancient drinke, falls into this furious rapture,

G

Nescio

*Nescio quod Stygia Monstrum conforme paludi,
Cernisiam plerique vocant; nil spissius illa
Dum bibitur, nil clarius est dum mingitur: unde
Constat, quod multas faces in ventre reliquit.*

I know not I, what Monster's this to th'eye,
This *Ale*, Mud-Mix, like Stoepe of fenny Styx,
More thicke no potion, more cleere's no Lotium:
Much dregs remaine i'th Body then 'tis plaine.

Nor (to speake the truth) is it altogether
improbable, but there might in those ruder
Times, be found many Tunnes of ill condi-
tioned *Ale*, not vnworthy such splenique
Dictoes, before one Stand or Rundlet of
pure stuffe worthy the Encomion of a Pot
Poet. Haue we not yet euen in these daies
many Mother-Foulsums, scarce worthie the
bearing of *Bourne*, much lesse the admittance
for *Brewing* either *Ale* or *Beere*, which wan-
ting both Art and industry requisite for the
Mystery, marre no more *Malt* then they
meddle with, and mash *Ale*, more like a mash
or a medicine for a sicke horse then a potable
liquor fit for a mans palate, stomacke or
health? And surely, it was the *Normans* ill hap
to haue his Cap fitted with a seculent cup of
crude muddy *Ale*, to his morning Draught;
and were not this able to moue the patience
of

of a temperate man (much more the fiery
choller of an Old *Elderton*, or a new *Ale-
Knight*) any way regardfull of health, and
cause him burst into as boysterous a *Peece of
Poetry*, or other more vnmeasurable passion?
Howsoever, were this *Cynicke Passage* of the
Poet, an earnest Quarrell to a *Pot of Ale*,
(vncouth, because vnaccustom'd, to his wine
washt *Palate*,) or the *Vent* of a iesting vaine
of *Wit*, fluced by some *Slashes* of the same *Ele-
ment*, 'tis manifest to most Obseruers, that
ill brew'd *Ale* is commonly of a puddle sub-
stance, abounds with grosse *Phlegmaticke* &
flatulent Humors, is heauie, and hurtfull to
the *Stomacke*, stuffes the *Ventricle*, obstructs
the *Mesaraick veines*, the *Liver*, *Lungs*, *Spleen*,
Reines, *Ureters*, and other inward vessells
and passages of the Body, and by conse-
quence puffes & blowes-up the whole bulke
thereof with slimie, flashie and feculent *Bal-
lasts*, shortens the *Breath*, breeds the *Stone*,
Strangury, *Gouts*, and sends vp to the *Braine*
grosse fumie Vapours, which offend the
Nerues, & distemper & obfuscate the *Spirits*,
(the *Mechanique Operators* of and in all the
Faculties of Man) with much detriment and
dammage to all the Senses both *Internall*
and *Externall*.

But let a neat house-wife, or cannie *Ale* wright, haue the handling of wholesome *Bourne*, and sound and mellow sweet *Malt*, and you shall find, and will confesse, there is Art and Dexterity in this cōmon businesse of Brewing: and that amongst those that assume vnto themselues the Name of skilfull *Ale-Brewers*, there are more that misse the marke, for all their supposed *Artifice*, than with constant *Mastery* make vp the true *Mechanique* of the *Mystery*. For you shall then haue a neat Cup of rich nappy *Ale*, wel boyled, defecated & cleared, that shall equall the best brewed *Beere* in transparencie, please the most curious *Palate* with milde quicknesse of relish, quench the Thirst, humect all the Inwards with rorid Iuice, helpe Concoction and distribution of Meat by its moderate Penetration (especially promoted with the Additament of the *Vehiculum* which best *Alistrates* boil with the *woort*, to wit, such a proportion of Hop as giues no tact of bitternesse to the Taste after the *Ale* growes drinkable) much furthering the Attraction of the Parts, and by its substantiall *succulence* much nourish and corroborate the *Corporall*, and with spirituall vigour comfort the *Animall Powers*. This *Ale* will be better than

than *beere* for extenuated spare textures of body, by reason of its more nutritive Qualitie, and that without inconuenience to the *Cholericke*, for that it excretes and voides the *Bilious humor* by vrine and by *Stoale*; or to the *Phlegmaticke*, because it is not Obstruſtiue. And for the *Sanguine*; it may well ſuite with ſuch Complexions, by reason of its moderate Heat and *Moisture*; nor can it be incongruent to the *Melancholike*, in regard it diſſipates and ſpends fuliginous ſumofities and exhilerates the *Spirits*.

Such a Cup of pure Comfort, rich animating *Ale* (neither *Luted*, *Gummed*, nor otherwiſe *sophisticated*) finde many good fellows which walke ere they waſh, for their Morning-Draught of true *Darby*, which, I dare be bold to ſay, had beene all ſufficient to haue induced the famous *Baſilian*, *Felix Platerus* (had he happily euer plyed that Pot) to recant and retract his vnkinde cenſuring our *Cerniſia*, for fetid ſmell, ſaſtidious Taſt, & languid Strength, and to be as forward in affording ſuch Noble *Ale* the Prize and praiſe of a *Baſilique Beverage*, as we are in giuing it the Attributes of *Meat*, *Drinke* and *Cloth*.

CHAP. II.

That Ale is a fit Body and convenient liquor, by Infusion to extract and imbibe the Qualities, and virtues of Ingredients, and to participate them to the Patient.

That Liquors may the more fully by meere Infusion, be impregnated with the faculties of Simples & other Ingredients of impight and compact substances, 'tis requisite the Qualitie and Quantitie thereof bee both of them competent: For the first; it must be either of an inciding and penetrating Power, that, by piercing and entering into all Parts of the subiect Materialls, it may cut, attenuate, reserate, diuide & dissolve their compact & concrete Juices, and really also attract, ingest and suck into it selfe the pure essentiall formes (in which the chiefe efficacy of Medicinall force and virtue consists) of their severall Natures separated from Earthly Feculency, Or of such a Specificque meet and familiar and pleasurable Essence, that by insinuation it may, (as it were) allure and intice them to infuse and poure into

into it their best *Spirits* so oblectated and woone.

For the second; sith *Liquor* is evermore Agent in this worke of *Infusion*, it must bee of sufficient *Quantity* to subdue and attract the *Radicall humors* and *spirits* of the *Ingredients*, because a small proportion is easily imbibed by the Bulk of the subiect *Matter*, and too much will bee too weakly tainted therewith, where a fit *meane* doth effectually draw-forth and attract the *Iuices* of the infused Body to a due *Impregnation*.

For *Chymicke Extractions*, the *Spirit* of *Wine*, *Hot waters*, *distil'd waters* and *Raine waters* are held appropriate to make infusion. For *Potions*; *wine*, *Hydromel*, *Oxymel*, *Brothes*, *Whey*, *Decoctions* of attenuating *Simples*, are in request.

Now although *Ale*, by reason of its mild *Tast*, may seeme to participate but of small penetration, & by consequence be esteem'd an vnfit *Liquor* to macerate *Ingredients*, and extract their virtues by *Infusion*; yet by its operation and effects in the *Body* and *Braine*, and by the piercing and combustible *Hot waters* drawne from thence, it may well bee collected and concluded, that it is not without *subtile* and *persant* *Spirits* lurking and lying

lying hid and veiled vnder the mild soft
Mask of its *Oleaginous Succulence*, and there-
 fore a *Liquor* no way improper, but a very
 specificque and fit Body for the *Infusion* of
 most sorts of *Ingredients*, both for gaining
 and retaining their virtues within it selfe,
 and for prest and effectuall Participa-
 ting them. Howsoever; indubitate Ex-
 perience (*verissima artis Magistra*) truly tells
 and teaches, both *Methodist* and *Empirique*,
 that strong right-brewed *Ale*, well wrought
 vp with *Yeast*, and duly tunned vp to fit *In-*
gredients, (yea to solid and compact *Sub-*
stances, euen to a *Body* impenetrable by *Vul-*
cans sharpest (nor hottest). Tooles, and more
 condense and obdurate than hardest woods)
 so macerates, penetrates and workes vpon
 their substantiall *Formes* by *Fermentation*, and
Digestion, through force and efficacy of tem-
 perate heat and specificque moisture (neither
 dissipating the *Spirits* nor dulling their vigor,
 but rather fortifying both by stirring-vp and
 reducing their *Calidum Innatum* into *Acti-*
on Cooperatiue) insinuating with supple ioynts,
 and spirituall *Iuices* into every *Cavities* & Per-
 spirable *Overture* of euery of them, that it
 subtilizes their inspissat thicke humors, re-
 leases the recluse *Closets* of their impacted
Spirits,

Spiris, concocts all *Crudities* residing in their *Juices*, attempers and mitigates *Bitternesse*, corrects aliene *Qualities*, digests, incides, and divides *Concretions*, and by disbanding and secluding some *Heterogenities* to the sides of the vessell, by *Precipitation* of the feculent, heauie and earthy to the *Sediment*, and by *Elevation* and lifting-up the *light Refuse* or excreat and dead *Remaine* with the *Spumie* froth to the *Swim* or *Superficies*, separates and amandates the secluded *Fæces*, and *Impure Purgaments*, couching in their inward *Pentralia*, quite from the *Region* of its *Depurated Body*.

Thus in few *Daiies*, (seuen or more according to the *season* of the *weather*, hastning or foreflowing the *Fining*) it *Clarifies* and *purifies* its owne *Body*, and really and effectually impregnates it *selfe* (by alliciating and attracting) with the pure and sincere *Tinctures* and *Faculties* of the infused *Materialls*, and with it *vehiculates*, carries, communicates and diffuses their *virtues* and *powers* into all parts, of the *Propinors* or *Receiuers Body*, secret and remote. And this *Distribution* is effectuated and wrought by this *Liquor*, partly through its liquid proprietarie *Body*, specified by th^e *acquisite Quality* of *Penetration*, derived from

from attenuating *Ingredients*, and partly by the cooperating of oblectared *Nature*, which is euer eager to attract and imbrace whatsoeuer participates of a *familiar, succulent and nutritiue substance*, as well-brewed *Ale* is well approued to doe, in due degrees of good *Proportion* suiting with its strength of *Malt* and *Quantity* of *Ale*, according to which the *Extraction* of *Spirits* from the infused *Mass*, is euermore made respectiue. For the *Qualis* and *Quantum* (inhyntly considered) of *Liquors* infusiuie, bound and limit their *Receptiuitie* of extracted *Impregnances*, as is before intimated.

Besides that, this *Panala*, by reason of its apt *forme* and *propriety*, and conuenient *preparation*, together with the *finesse* of the *vesse*, and its owne *Crowning* and *Mantling* it selfe all ouer with the *Clothing* or *Couer* of *Yest*, retaines and preserues euen the subtile and halable *Spirits* of enery *Ingredient*, mixed and fixed with both their radical *Humidams*, intire, exempt and free from *Evaporation*, and its owne *Life* and *Quicknes* from euanyd *flatues* & dead *souring*, much better than most *Liquors* can doe, yea then *Wine*, which, though it be *Potent* in *Attraction*, is more *Impotent* in *Retention*, by reason that the *Spirits*

rits are *Volatile* and nothing so *Glutinous* and *Condensate* as those of *Ale*; whereas *decoctions*, (though they have their proper and commendable *uses*, being performed according to *Art* in a *close* or *double* vessel, which few *Patients* are curious in) doe commonly exhale, waste and spend the *subtile Spirits* of diuers *Materialls*. (most of all of most *Purgers*) and extract, ingest and retaine the *Heterogene*, *flatuous* and *earthy* parts of them and of others.

He that denies or doubts of this *Penetrative* and *extractive* force of such *Infusions*, by the meere efficacie of their inward *Fire* of *Nature* without helpe of *forraigne Heat*, let him drinke a *Cup* of such *Liquor* after three daies (or *Wine* after twelve houres) *Infuse* in *Calice Chymica*, and his *Stomacke* will not so much tell Him, that *venter non habet aures*, as vellicate them for not being more *Beleeruing* Ones.

Now if any *Man*, wilfully wedded to a *selfe-conceit* or singularity of opinion, doe yet suspect or will obiekt, that *Ale* (the *Base* and *Body* of this *Panala*) more obstructs the *passages* and puffs-up full *Bodie*, than *Beere*: admit this were granted, tis no impeach to the *Potion*, because the *Ingredience* of the *Bagge* hath

hath Power to transforme *Lignors* naturally *Obstructive* to *Deoppilative*, which doth farre transcend and surpercede that of the ambitious *Incolins*, the aspiring *Hop*, ayming to reach the *Head* of the highest *Pole*, (and the *Pole* of the *Head*) and to banish *This ancient Ale*, which in the 6. of *Edward* the 4. (some 147. yeares agoe) was in such request, that the Feast for th'installment of *Nevill* Archbishop of *Turke*, and Chancellor of *England*, was constantly affirmed to bee furnished with 100 *Tuns* of *Wine*, and 300 of *Ale*, but not one Barrell of *Beere*. Yet for *Stomackes* that brooke not *Ale*, they may with conueniencie make the *Infusion* in *Beere* (adding more *Raisons* to palliate the bitterness) which hath worthily gain'd the *Repute* of a wholsome drink, as wel for many medicinable *Qualities*, as for quenching *Thirst*, insomuch that the new *Raritie* of *Leapries* here, where they were frequent in former times, is attributed to *Beere*, in regard of the *Hop*, which hath speciall *Faculties* both *Diuretique* and *Deoppilative*, whereby it cleanses the *Blood* from all corrupt humours, and by excreting *yellow choller* makes the *Body* soluble, and all this without heating it, or offending the head with fumes, if the *Beere* be not overhopt

nor toucht vntill the *Bitternesse* bee digested and worne out.

Wine also (chiefly the *White*) *Pyrre*, and *Cyder* are very good for this purpose, especially at the time of *Vintage*. But generally *Ale* and *Beere* are the most appropriate *Liquors* to these parts for the base of this Composition, both by reason of their nature and familiar accomodation to our Bodies, and for that they may be prepared at any time, for active Operation vpon the *Ingredients*, which is most powerfully and effectually performed by the *Ebullition* or reworking of the *Liquor* in the vessel after barrelling or running vp, without any that *Losse* or *Diminution* of their owne *Spirits* or *vigours* w^{ch} would inevitably ensue in too great a proportion, if these or other *Liquors* once digested and fined should bee drawne out for *Infusions*.

For *Hydromell*, *Mellisate*, *Metheglin*, or other made-*Drinks*, they may bee accommodated against any prefixed time like *Ale* or *Beere*, but with caution of what *Materials*, lest you crosse the *Intention* or operative *Qualities* of the *Bag* or *Composition*.

CHAP. III.

*What Bodie of Materials are accommodatē
for Composition of Panala.*



*S*imples and other *Substances* in
generall, which by drying in
the *Shade*, or by other due
ficcation, are quit of their su-
perfluous *Humidity*, but retei-
ning their *Verdures* or naturall *Glosse*, and be-
ing sound and clenſed from all putrified and
dead parts, and groſſly bruised or punned, or
rather ſmall cut or ſhred, that they may
thoroughly imbibe and receive the *Liquor* for
effectuall working vpon them by *maceration*,
are fitter for *Inſuſions*, than ſuch as ſtill re-
taine ſuperfluities of *Moifture* incorporate in
them before they be dried. For the ſuper-
fluous and aliene *Humidity*, ſtill inherent in
their *Bodies*, ſhuts out and hinders the neces-
ſary peircing and inſinuating of the *Liquor*
into their abſtruſe Inwards; yet the ſliced &
contuſed *Subſtances*, eſpecially the ſtrained
Iuices of ſome greene or moiſt *Simples* or
Drugges, are to good purpoſe many times
inſuſed in this caſe, becauſe they doe eaſily
incor-

incorporate and communicate their succulence and virtues with the *Liquor*, and the strength and *Ebullition* of it doth concoct and digest their Crudities.

But I haue of *Dry Ingredients* (so many as may well admit such preparation) composed my *Fund* or *Bagg*, fully to answer the *Scope* and *Drift* of my *Intention*, which is truly to make good vnto the diligent *Observer*, all the *Attributes* I giue it, how great and exceeding numerous soeuer they may seeme to bee: Howsoeuer other *Bagges* may make auindire of many men for Raking, heating, drying and exhausting their *Bodies*, chiefly if they be of a feeble and weake constitution. This fault is in the *Physitian* which *Empirically* & indiscreetly compounds it of suspected *Purgers* and intemperate *Simples*, not in the *Bag*: Tis not the outward, but the inward *Forme* or *Composure*, that commends or discommends euery *Medicine*.

Some will in no sort admit the *ingredience* of *Raisons* of the *Sunne* into such like *Infusions*, affirming they would to small purpose (other than to increase the *Bulke* of the *Bagge*, lye sobbing and soaking in the *Liquor*, but rather approue the *Ingredience* of the strained *Juice*, drawne out
with

with some of the *Ale*, or of the closing of the *Cup* with halfe a score of them, their stones cast away. But though the *Additament* of this succulent *Fruit* seemes to crosse the *Canon* or *Rule* of *Infusion*, yet may their Eunuch-service be worthily admitted the presence of the greatest *Prince*, both chaste *Dians*, and iea-lous *Ottomans*. For being washt, displayd, and diskerneld, and then closed againe and put into the vessell, the *Ale* doth with exquisite *Extraction* so effectually work-vpon their dissoluble *Concretions*, that in three daies space it eleuates, lifts and carries them vp from its *Sediment* or *Bottom* to the *Superficies* or *Swim* (demonstrable in a *Violl Glasse*) dead and insipid, hauing left all their *Dulcor*, and sweet relish, with some third part of their poize (if reduced to former *Drines*) in deposito with the *Liquor*, and who doubts, but that together with their concrete *Sweets*, and *E-lementary spissitude*, their intire *Virtues* are also extracted and diffused in solution into the *Body* of the *Infusion*? I haue not therefore reiected them, but for their manifold and familiar *Virtues* presented in pleasant succul-lence to the comfort of the naturall *Members*, and especially vnto the *Parenchyma He-patis* whereunto they are so gratefull, profit-
table

table and specifiquē (*corius substantie proprietate*) that they may be stiled the *Life of the Liver* (*Epatis quasi anima perhibeantur*, according to *Sennertus*) given them a large patent for place in my *Panala*. But I oft leaue them forth of the *Bag* for the patient to put fresh and loose into the *Ale* to three ounces at least. For the *astriktion* of their kirkels, *Grapes* impart none to *White Wine*; and what doth this *Infusion* extract from such vnbroken *shellie Crusts*, more than doth the *Wine presse*? *Et hoc aliquid nihil est*, so that they may sans scruple be whole (but slit) cast into the *Caske*, and so much the rather, because some proportion of a binding *Qualitie* doth better such purging Diet Drinks: Yet I leaue them to the patient to vie *ad libitum*. *Myrobalans*, *Tamarinds* and *Sebestens* may claime like priuiledge for *Admittance* and use.

For *Drugges* commonly *cariosa non cara*, knowne to bee deadly dull *slugs* of doubtfull kinde, but manifestly auerſe to the *ventricule* (whose dammage in all *Medications*, chiefly in long or continued courses for cures, because it is *totius corporis promptuarium*, both for feeding the body and its sickness with excrementitious, flatulent & nauseous *Humidity*, must with particular intention be carefully

D

preuented)

preuented) especially when the *Humors*, brought into commotion by the *Medicine*, infest the *Stomacke* with their confluence, I could not by *Motine* of *Empiricall* common use be induced to giue admittance to their *Ingredience* here, where I would not haue the happy *Harmony* of most salutary *Simple*s disturbed or once toucht with any manner of impeach or taint by any the least discordant *Heterogenity*, let who will magnifie the *Monstruance* *Mixtures* of others, that for cheapnesse admit them. To supersede all such branding *Imputations*, the profitable cheapnesse of this dangerous *Simple*, is abandond my *Bag*, and in place thereof, I entertaine One well approoued (by price and frequent practice) of the best *Physicians* for excellent *Operation*, exempt from *censure* and made famous for *Attributes* of the *Virtues* and good *Effects*, *Purgative* and *corroborative*, of *Rhenbarbe* and *Agarick*, and this by the testimonie of *Moderne* *Classicke* *Authors*.

Because of the *Heat* and *Driness*, by some suspected to bee in *Guaiacum*, I had viterly disclaimed it for all its *Sanctimonie*, saue that the oily substance (*præpinguis & resinacea*) chiefly in the blacke *Heart* (euen of the old *Stock*) saies it participates of a cerain moisture, whereby

whereby it conserues and nourishes the *Humidum primigenium* of the *Intrals* and *solid parts*, *ventremq; lubricū facit praterquam dum sudores promoventur*, and yet with astringent drinelle corroborates the moist, loose and nauseous *Stomack*, and all other the *vessells*. For these *virtues* and for its further great *Fame* (see *Fernelius* and *Montanus*, who neuer had the young tendrels of the two yeere old *Tree*, to which some ascribe the most *Virtue*) and *Bezoardique Quality*, in which it hath the *Power* of an *Antidote*, directly opposing and oppugning putrid *Contagions*, I haue dispensed with some proportionable degree of its *Ingredience*, yet but as a *Quarter Master*, vnder command of a temperate, potent and most pretious *specificque*, to moderate all *excesse*.

But for *China*, the costly and trauell'd *Courtier*, He is wholly cashierd both *Fund* and *Caske*, for all his *Cash-worth*, because I find *Him*, like many *Antiques*, meere *Complement*, rich in *promises*, poore in *performances*, besides that *Renodeus* disallowes *Him* in the sicke of *Consumptions*, and *Hueben* sayes He is vnwholsome for the *Sound*.

And for that all sorts of *Physicke*, but most of all, all extended *courses* of *Medication* (as

this is) doe much affect and work vpon the
primarie Instruments of Concoctions, the Monarch
of the belly, and Fountaine of Blood, the
Stomacke and the Liver; I haue for their spe-
 ciall comfort and Corroboration furnisht the
Fund or Bag with singular and most speci-
 fique *Stomatiques* and *Hepatiques*. Nor are
 the *principall parts* any way neglected; Here
 haue you a *specific Bezoardique* to coole
 and corroborate the *vitall spirits*, and an ex-
 cellent *Cephalique* to fortifie the *animal*, so
 that nor *Heart* nor *Head* want their *munition*
 to maintaine valid and constant incoun-
 ters against *diseases*; not that the inherent
 malignity of any *Ingredient* necessitates such
 fortification, but to accommodate and at-
 temper *Heaters* with *Coolers*, and *Resoluers*
 and *Openers* with strong *Roborators* and
 mild *Astringents*, according to *Quarcetan*
 from *Galen*.

CHAP.

CHAP. IIII.

Of the particular passages observable about the Infusion of the Fund or Bag.



I Have now enlarged and proportioned the *Bag* of *Ingredients* to *Panala* for two *Gallons* (or twelue wine quarts) of *Ale*, that it may furnish *man* and *wife* for one weeke, or one *patient* for two. This is a *pottle* more than former vſe, and I hold it the meane and beſt proportion for moſt part to be obſerved, both for extracting, preſerving and participating the *Qualities* of the *Ingredients*. But this quantity of the *Liquor* may be ſomewhat augmented or diminished, & the *poſſion* made ſtröger or weaker of *Medicinable Qualities*, to ſit the *affections* of ſeueral *Stomackes*, the *Cuſtome* of little or larger *drinking*, or other intendments.

An ordinary *Stand*, *Steins* or *Ale Can* with a *Tap-hole*, will be an apt *veſſell* to ſerue well for the *Infuſion*, provided there bee alwayes care to keepe it cloſe covered: but a ſmall *Rundlet*, ſitly bungd for *Receipt* of the *Bagge*, will beſt of all retaine and conſerue the *Life* and quicke *Reliſh* of the *Liquor*.

The *Fund* or *Composition* of *Ingredients*, neatly made vp and included in a *Bag* of fine *Bolster stuffe*, must be suncke into the *vesse*, with a *Pebble stone*, or with some other *Poize*, or constantly kept downe with forked stickes (*Oake* and *Ivie* much improve the wholsomenes of the *Drinke*) or other force, to prevent its rising vp to the *Breaking* of the *Body* of the *Yest*, because such a *breach* in open vessels, would bee, as pernicious to this *Panala*, as the taking of *uent*, or *winde* is vnto wine or other *Liquors* by venting out and evaporating their *spirits*.

The *Ale* or *Beere* must be well mixt and wrought vp with good store of *Yest* to crowne and keepe it from expense of *spirits*, and the *yeasting* in open vessels is requisite to be renewed once in 7. *Daies*; for the *sowring* of the *Yest* turnes the *Drinke* with its tartnesse, but shift of *yeast* preternes the *spirit* and *Life* of the *Liquor* intire, and the *Ale* fresh and quicke for a *Month* or more *Time* of *Drinking*.

The fittest and only *Season* to make this *Infusion*, is the vsuall *Time* of the ordinary *Tanning-up* of the *Drinke*, that by *Ebullition*, *working* and *digestion* in the *vesse*ll through its inward *Heat* of the fire of *Nature*, it may effectually

fectually worke vpon, macerate and ingest the concrete *Inices* and *Faculties* of the *Subiect matter*; and for better libertie of working, the *Rundlet* may haue some houre-Vent after the *Liquor* is tun'd into it, but then it must be bunged vp close. For placing the vessell of *Liquor* where it may receiue the benefit of accidentall or *forraigne Heat*, to promote the *Operation* vpon the *Ingredients*, the force and efficacy of the inward and selfe contained *Calidum Innatum* or inbred Heat of this *Liquor*, is all sufficient for production of perfect maceration of the infused *Materialls*, so that *Cellars* which preserue *Wine & Beere*, serue aswell for this as for them; the like doe other close *Roomes*, which are exempt from the *Extreames* of distemper'd *Seasons*, no lesse from the spirit exhaling *Summer Heats* and others (though they clarify the *Remnants*) then from the chilling and killing rigour of *Winter*, although a qualified cold, congregates and preserues the *Spirits*.

To the continuance of the *Infusion*: The common practice in like *Operations*, is neuer to straine nor stirre the *Fund* or *Bag*, vntill all the *Drinke* be spent; but it is full sufficient (for matter of evacuating *Operation* especially) to infuse it, till there bee made a perfect

Fermentation or Digestion of the continēt *Masse* of *Ingredients*, that the *Ale* being fully impregnated with the *proprieties* illiciated or ingested from them, there may in the *Body* of the *Liquor* be bred and brought forth a new *Nature*, fully participating, in one *Homogene* and intire *Body*, of native and acquire *Qualities*, its owne and the *Ingredients*.

Three Dayes continuance is a competent *Time* for the *Infusion* to extract the *purgative Faculties* of the *Bag*, before which space to begin *Drinking* thereof, to avoid sowing and pricking, is a poore trick of *prevention*. But if you deferre the broaching *thrice three daies* or more, the *Drinke* will bee better depured and much more pleasant both in *Sight* and *Taste*, without impeach to the *Evacuative Operation*, besides that it thereby becomes more impregnate and imbibes its whole *Dimensum* both of *Evacuative* and *Alterative Virtues*: therefore the best *Index* for *Broaching Panala* is the *Test* of perfect *Depuration*.

My *Custom* and *Rule* for curious palats, is to direct, that after foure or five *Dayes Infusion*, the *Ale* bee all drawne into *Bottles* and *Corks*, and kept like vsuall *Bottle-Ale*; for by this meanes it is neatly preserved fortie dayes

dayes, and more if need, coole, perfect and intire in *Tast* and *Virtue* to the last *Cup*. This is the best course for frugall keepe and husbanding the *Potion*; for so the *Bagge* becomes free for a *second Infusion*, either by *Drying* the *Ingredients* against halfe or two thirds of the *Ale* be spent, or by immediate *Straining* and reinfusing the same into fresh *Liquor* for *Meal-drinks*.

To make it drinke coole, fresh and quicke in the hottest *Summer*, hang it bottled in a deepe *Well* a little above the *Water*; twelue or foureteene dayes, and you haue your desire. For the cold vapour of the water preserues the *Ale* from *Exhalation* of the *Spirits*, and also irritates and makes them vigorous, whereby they incorporate all parts of the *Liquor* in more perfection: The like may be done at any time and that in the *Rundlet* it selfe to the same purpose,

CHAP. V.

Of the preparation of the Body before taking the Ale, and when it is to be drunke.



Panala, together with its *Purgative Quality*, doth so reſerate and open the *Ports and Paſſages* of the *corporall Veſſels*, ſo mature and make fluent the *Humours*, and ſo effectually perſorme all the *Parts and Offices* of a good *Preparative*, that, before the uſe thereof, there ſeldome needs any other *preparation* of the *Body* in that kinde; yet in caſe the *Patient* be accuſtomed to morning *ejaculations* or *ſprings* of watry *Humors* or vicious *Contents* floating in, or diſturbſing the *Stomach*, it is expedient, before the drinking of this *Panala*, for *preparation* of the *Ventricle* (to receiue, not of the *Humours* to obey, the *medicine*) by gentle prouocation thereof with a ſprig of *Rosemary*, or a feather, agitated about the *rooſe* of the *Mouth* and *roots* of the *Tongue*, to cauſe *eiaculation*, or at leaſt ſome *expuition* or *fluxe* of liquid *Humors*. Thoſe

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Patients which doe not affect this practice, although the affections of their *Stomacks* craue the like, may doe well, some halfe houre before the *Potion*, to eate a small *Tost* of light household bread, rubd-over with a little *Table Salt*, to remedy the fluctuating of the raw *phlegmaticque* recrements, and to digest and consume the *crudities* of the *Stomack*.

For other *helpes* of convey into the *Body*, and all the inward *penetralia* of the *passage* of the *Microcosme*, *Panala* is so gracious and so potent an *Usher*, (a *Vehicle* to *powders*, *pills*, *electuaries*) there needs no *straine vehiculation*, where every *recluse*, with ready *expansie*, invites her welcome *entrance* and intertaine into each *presence*.

Touching the *time* for select *usage* of this *potion*: The *Spring* of the *yeere* is the fittest *season* of all other, for this and for all other *courses* of *medication*, because it is the most temperate and most wholesome; besides that, then the *blood* most encreases, (as *sap* in *vegetables*) and the recreated *spirits* are most *active* in *vigorous* rotations, and most apt and able and prest with their *Opisique* powers to cooperate with *physicall* *meanes*. Moreover, *Evacuations* are then most requisite, because

because grosse pituitous *Humors*, heaped-up in winter (which condensates them and constipates their *Meatus*) now dissolving, with hotter *ayre*, will easily, if they be not euacuated, be diffused into the whole *body*, and beget grievous Diseases. And in the later end of the Spring, the *redundance* of hotter *Humors* are ready, if *obstructions* be not removed and they avoided, to inflame and to putrifie and produce *Fewers*. The Spring therefore (especially that which next precedes the *Cly-materique* yeare) should neuer passe-over a provident *Mans* head without some helpe of *physicke* equivalent to *Panala*, though he feele no infirmities. Much more when a man perceives *spontaneous lassitude*, *heavinesse* or *indisposition* in his *body* to the *actions* thereof, it is then high time by mature *euacuation* to prevent the ingruent and approaching sickness, for those are manifest *signes*, that the *meseraique veines* (the double conduits, *Chyliducts* from the *bowels*, and *Sanguiducts* from the *Liver*) are replenished with peccant *humors*, which not timously euacuated will shortly bring forth *fruits* of ill effects. For the vicious *matter*, retained in the *veines*, at length putrifies, breathes forth ill vapours, and breeds *distrurne Fewers*, or else converted into

into a *venemous nature*, with *sodaine* assault, like a *poysonous Serpent* coucht in *ambush* for a *mischieuous designe*, sets vpon the *principall parts* (*heart and braine*), producing *griueous accidents* and *effects* of *dangerous sequell*. Sometimes these *vitious Humors* powred forth into the *bowels* and other *vessels*, doe cause the *Cholick*, *Iaundice*, *Cachexia*, and other *maladies*, & otherwhiles clapsing forth of the *greater branches* into the *habit* of the *body vnder the skin*, they breed *itches*, *scabs*, *botches*, and other *praternaturall Tumors*.

Next vnto the *Spring* is the *fall* of the *leafe*, or *Autumne*, which indeed is a *second Spring*, though many *degrees* short of the former; but here the *crudities* and *reliques* of *raw fruits* and *Sommer-indigestions* (the *banes* of *health*) ingested and heaped vp in the *veines* and other *vessells*, necessitate that *medication*, which there is invited through *conueniencie*.

For *time* of the *Moone*; I hold it not amiss for a *constant Man*, where *occasions* may be accommodated for *free choice*, to elect the *mids* of the first *Quartile*, and continue the *take* of the first *infusion* most part of the two next *Quaternaries* or *Decrease*, and the second

cond or altering *poison* the *Increase*, because the *bodie* is then most animated by exaltation of the *Spirits*, and thereby *Nature* most potent for any worke. But I would not be too punctuall in this point; there is no necessity of the *observe* of such precise termes, nor is it my meaning to confine vnto so strict limits, sith euey temperate *season* doth excellently serue for this manner of Physicke, onely the *vernall* and *autumnall* are very meet to be selected for a continued *cours* of the like, when the purpose is for *preuention* of *sicknesse*, or *remouall* of rooted *diseases*, whose affects are not precipitate or of sodaine danger. But in *acute diseases*, where grieuous *distempers*, of violent motion or doubtfull issue, infest or fasten-vpon the *bodie*, a man must neither dwell vpon the expectance of seasonable weather, nor of the benevolent aspects of the *Planets*, but setting apart all dallying delays (the *Deluge* which few men doe dryshod decline and quit) fall too and follow this familiar Helpe, be it *Winter* or *Sommer*, or other vnseasonable *time*, rather than, by deferring it to a more accomodate *season*, suffer the *sicknesse*, confirmed by *procrastination*, to become incurable or of doubtfull consequence. Prouided alwayes, that the

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extreames and *injuries* of distempered weather bee mitigated or avoided by keeping within prepared *roomes*; the *meanes* and *manner* of which preparation are laid downe in the *dietetique* part of this worke, in the *corrections of the ayre* vpon discourse of that *Element*.

But our *Sommers* in this Northerne Climate giue no true cause nor scarce any colour of that generall nice curiosity fondly fostred for decline of weather-beastie, for feare of incurring the supposed ineuitable hazard thorough meddling with *physicall meanes*, in so much that moderate and ratioll *medication* may safely bee ministred even in the *Dog-days* themselves; which superstitious scruple (deriued from the *Canicular aphorisme* without consideration of the *Authors Country*, or indeed of his *conceit*) of dissoluing, distracting, and dissipating the *Humidum Radicale* with the *calidum innatum*, hath made so observable, that the *vulgus hominum* (at least) will rather cowardly crouch and prostrate, bend the backe to beare the brunt of the insulting *Foe*, amating sicknesse, than draw the dagger of one medicinable *Dose* to encounter the assault, much lesse enter the *Lists* (by any *methodicall course*) of a constant combat

to make good the *Keepe* of the *Castle* of his *soule* committed to his religious charge.

In hazardous *diseases* then, let no man be too precise in curious termes of choice *Seasons*, nor yet stand too strictly vpon concoction of *Humors*, but be the *malady* acute or disturn, *venienti occurrere Morbo*, though you cannot, for lacke of specificall *Munition*, giue apposit encounter to the first assault or seizure, yet hast diligent cleering the common passages (*Ventricle* and *Intestines*) of superfluous recrements, and neuer permit the redundancy of crude matter to regurgitate, fluctuate and flow to and fro in the *veines* and *vessells*, or to settle and nest vpon some principall part, to the ruine of it and all the rest, nor disturne or lingring affections to grow more stubborne or rebellious both against *Nature* and *Physicke*, to the vtter confusion and demolition of the whole *Fabrick*.

This generous *Medicina* and gentle *Mino-rasine*, confidently taken and constantly continued, hath power to accelerate the concoction of *diseases* by helping *Nature* both by euacuation and alteration, and to make those which essentially and of themselves are of doubtfull and daingerous event, to become salutary and safe, and others, of lesse hazard,
but

but more lingring and tedious, more tolle-
rable and much shorter,

In *disturbe diseases* it is profitable, and in
acute very necessarrie to make some euacua-
tion of superfluous *humors* before *consolition*,
because that ouer and aboue the continent
chiefe *matter* of the *Malady* in the *veines* or
in the *intrals*, or in the *habit* of the *body* requi-
site to be concocted, there are many times
vicious contents nested in the *ventricle*, in the
intestines, and about the *precordiall parts* (ma-
nifest by *dolour*, *heat*, *nauseous loathing*, *bitter-
nesse*, *distention*, and other *Dignostiques*) the
concoction whereof (especially of the *sto-
macke recrements*) is many times expected in
vaine; and *Patients* thus affected may doubt-
lesse profitably be purged, by such familiar
meanes, at all times of the *disease*, euen before
any appearance of *concoction*. And were I
called in such *cases* (*ceteris concurrentibus*) I
should aduise, first to prepare the *Body*, for
receipt of so generous a *Medicine*, by *Stema-
tique Pills*, or by *Emetique meanes*, and after-
wards vpon occasion open a *veine*, for *venti-
lation* at least: so should this pretious *Potion*
happily produce effects of excellent worth
and secure assurance with more speed and
pleasure.

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Now,

Now touching the *time* of the *day* for *drinking* this *Ale*, although it be so milde and familiar a *medication*, that it may, not much amisse sometimes (when tis compounded with *Purgers*) be carded with common *Ale* or *Beere* to make it a *meal-drinke*, especially for the extenuating and much abating of grosse and fat *corpulency*, by occasioning more copious detraction of *superfluities* and vnnecessary *inises*, yet when the *intension* is to make sincere *euacuation* of vitious or superfluous *contents* in other *constitutions*, it will be more proper and indeed the most approved and requisite *method* to take it fasting (especially to such as vse to drinke next their *hearts*, as they terme it) betimes in the morning, that it may the more deeply penetrate and carry it selfe into the *Humors* and all the *veines* and *parts* of the *Body*, and by consequence more effectually produce all its operative effects both of *Euacuation* and *Alteration*.

To others, not vsed to drinke fasting (as they call it) because common drinke coming into their empty stomackes may affect and somewhat offend the head and nerues, a *potch* *Esge* seasoned with salt and three or soure drops of Vineger, or some other small

morsell

morsell of light or easie digestion, may conveniently be premised or admitted. Not that any damage or danger depends vpon the so-daine entry and conuoy of this *Potion* into the empty cavity or substance of the *stomacke*: the body of *Panala* is an alimentary *medecin* so milde and benigne, there can bee neither cause nor colour to suspect the concomitance or sequence of any violent, sinister, or offensive Effects, by or from the quality thereof, to the empty *ventricle*; but that the admission of so small a *pittance* before the *Potion*, subscribing to custome of diet without confounding of *Art* (*Aetius* commends purging *medicaments* given with *meat* in bodies naturally costive) stirs-up *Nature*, and awakes and quickens the *mechanique spirits* of the *stomacke* with pleasurable delight to imbrace the approach of a greater *Peregrine* so vshe-red into the *presence* by the aggrating pre-dence of so welcome a well-knowne *familiar*. He that doubts, the *medicine* and the *humors* it moues will corrupt the *Ment*, precipitate crude indigestions, and conuoy an excrementitious *Chylus* into the *Veines* and *Liner*, let Him, to auoid all colour of scruple, spare it at *meales*, and all manner of *meat* when He drinks it; so shall the mixture nor worke

vpon his *stomacke* nor *conceipt*.

To conclude, the rightest *method* is to drinkethis *Ale* vpon an empty *stomacke*, and tis a very good order to take it betimes in the *morning*, and two houres before *meales* both *dinner* and *supper* also, if the *ayme* be to purge much.

In *Summer* it may bee taken to *bedward*, and two or three houres also before you rise onely, to the end most part of the *purging* may be past before the *heat* of the *day*, and that some *sleep* then vpon it may vnite *naturall heat*, and promote the working of the *Medicament*. For though profound *sleep* may stay it a time, it neither quite supersedes the euacuation, nor perturbs the *action* of the *Ale* more than it doth of *Stomatique* or other *Pills sine custodia*, which are customably and best so taken.

In *Winter* take it onely before *Noone*; viz. one *Dose* or *Draught* about 6 or 7 in the *morning* in bed, and another when you are vp after some motion of the *body*, with a *third* (if need be) an *houre* or more before *dinner*, or the 2 last onely (if not all three in this order where you like not that first) so shall you well accommodate the *medication*, and happily prevent the *inconuenience* of *nights-workings*.

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These Cautions are specially for tender Bodies, and intemperate Seasons; ordinarie Constitutions, and seasonable Times need no such precise Rule of definite Drinking this familiar Liquor.

CHAP. VI.

Of the Dose, the manner of Taking and the Continuance of using this Ale.

THe vsuall Dose of purging Portions seldome exceeds the measure or proportion of Three Ounces, lest the Quantity should subuert the Ventricle and cause Nauseum or perhaps Casting: But so small a draught here is too little, it may mouere, but not promouere, stirre the Humour, but not extirpe or purge it forth: This Ale being most benigne and familiar to Nature, in Sight, Savour, Taste and Digest, a man may without errour or suspicion of any foule accident, take a full Draught to tenne or twelue Ounces: Some men drinke sixteene Ounces or a whole pint at once, though halfe a Pint be a reasonable Dose.

For manner of taking the *Ale*; It is ordinarily drunke without *Heating*, according to the custome of common *Ale* or *Beere*, and in winterly seasons, it will doe very well, and indeed is very requisite, to fright away the frigidity with the sight of the fire, or with a browne Tost attempered, if you will, with the Tests of *Suger* and *Nutmeg*, to aggrate both palate and stomacke. Or you may scare off the Cold, by quenching in the cup a Gad of *Steele*, or rather some peeces of *Gold* made hot in a siluer spoone, (or the spoone alone) with a chafing-dish, because it leaues in the *Liquor* no *striction* nor other *Heterogene quality*.

Touching the continuance; this hath reference to the Cause that occasions the course of Medication, which must and best doth limit the same. *Seven daies* will doe well for cleansing the *Intestines*, *Liver* and *Veines* of the *Colluvies* of *Humors*, and to reperate the vessells and passages; but double that *Time* will effectually remoue many settled Affects, reforme distempers, and produce good *Relification* of all the parts of the *Body*: and one *Fund* or *Bag*, will vpon the first *Infusion* sufficiently furnish a temperate Patient for a *Fortnight*, and ths like vpon the *Second*. And the taking of either of them may without

error

errour or much inconvenience in many cases
aswell *Curative* as *cautionarie*, bee a day or
two omitted or discontinued to correspond
some vrgent occasions, provided the discon-
tinuance bee redeemed with diligent pursuit
for *Reparation*.

And this is most requisite to bee done, if
sincere and exact. Evacuation be not already
accomplisht. For the noxious humor, sith
it is an vnnaturall Alien, (*alienus ac prater na-
turam*) must bee wholly and absolutely eli-
minated and eiected, whether the counsell
be *precaution* or *profligation* of the disease. I
confesse, the *Remaine* of some minute small
portion of the peccant humour may by the
spirituall force and fire of Nature, promoted
and fortified with an exquisite rule of *Diete-
ticall Regiment*, be so maitred and vanquisht,
that safe and sound health may sometimes
succeed without feare of *Relapse*.

But if the *Reliques* be many, except *Nature*
(happily potent in all her Faculties) doe
voluntarily subdue and avoid the same, the
exactest order of Life cannot safe-guard the
sicke from the daingerous *Machines* of the
Disease: for though hee may seeme in some
sort to have receiued ease by the *purging*, He
will relapse into the former infirmity, sooner

or later, in more or lesse latitude, according to the Copy or Malignity of the Reliques, and his Strength and Diet, because the Reliques of diseases breed Relapses, *Qua à morbis relinquuntur, recidivos morbos facere consueverunt, Hipp. lib. 2. Aph. 12.* For when the part remaining, retaines the condition of the whole, which was altogether against Nature, that remaine can neuer be conuerted and assimilated into the substance of the Body, but will in procelle of time corrupt the pure humors, together with the Aliments, and produce morbid fruits like to the first. Hence it is, that the more you feed a soule body (not fully clenfed from impure humors) the more you offend, *Impura corpora, quo magis nutris, hoc magis offendis, Aph. 10. lib. 2.* For you nourish not the sicke but the sicknesse. Therefore to vindicate and cleere the Man from his Maladie, whatsoeuer noxious Humour nests in the Body, it must bee absolutely and totally taken away and eliminated.

This Panala then in rebellions, malignant, stubborne, and diurne diseases, should bee constantly continued a month or more without intermission, or any other Drinke, onely the Meale-drinke may bee made of a Bagge, made vp without Purgers, or else the purging

ging potion carded with other Drinks.

The reason of extending the medication to so long a Time may bee, that *Creationis morbi, atq; curationis paria sunt quodam modo Temporum Momenta.* For as weedes are hardly hailed and pluckt out their *Roots*, when they are once deeply rooted, though quickly quit and rid the *Plot* when they are young; so diseases long in breeding (though perhaps suddenly breaking forth by occasion of *Cold-taking*, ill diet or other error, as newly bred) are for the most part long in *curing*. It is almost a *Miracle* to plow them vp in a moment, though such *Herculean helpes* we find sometimes by specifique Meanes.

But they fondly run into a grosse Errour, whosoever in *Diuturne Affects* or inveterate deepe trenched Maladies giue over or negligently interrupt without reparation the constant course of Medication before the *Humors* offending, being prepared by *motion* and *flux*, be fully avoyded, and the parts and *Harmony* of the body duly rectified by competent continuance of the Meanes.

For although good Eua cuation, from diuerse parts of the body, may in many cases be effectually wrought and performed in few daies, *deepe rooted Impressions* doe necessarily require

require longer extent of Physicall helps for due *Eradication* of peccant causes, and for true *Rectification*, as aforesaid.

And let no man attempt nor imagine by extraordinary ingurgitation and quaffing vp the whole quantity of the *Als* in a few daies to accelerate the cures of long continued infirmities; It is the moderate and temperate vse of Medicine, with regular carriage and constant perseuerance in the same, that breeds and produces the best and readiest effects and performance for remouall and riddance of the doleours and dire affects dimanining from deepe impressed diseases.

But the customary vse and continuance of the same meanes (*Meat* or *Medicine*) breedes dulnesse of *Apperite* or of *Operation*. Forbeare the Potion but a few daies (provided a good diet be in the interim obserued) and you salue this *Satiacie*. For intermission, aggravates in effect with the gratefull fruits of *change*, and we finde that in some sort *New*, which hath for a reasonable space bene intermitted.

CHAP.

CHAP. VII.

*Of the Diet and Order observable in the use
of this medicinable Ale.*

THe head of this Chapter is the Subject of the Dietetique or Second Part of Panala: in which, besides some large discourse of the salutary use of the six *Non naturalls*, the *alimentation* both of the *Spirits* and *Body*, is anatomically delineated. Yet that this *Medique part* may not in the meane time, bee posted forth *Pede primo claudicans*, with downe-right halt before, I hold it vnfit to be altogether past-over here in silence, and haue therefore borrowed leaue for a touch or two in a few lines, before I goe about to trace out the whole *Linament* of that *Body*.

In diuerting, lingering and dangerous diseases it is very condecible and requisite in all sorts of Physicall courses ordained for their cures, to foster and follow the constant keepe of regular strict moderation, not in the *qualities* and *quantities* of *Meats* and *Drinkes* onely, but in the rest of the *Rerum non naturalium*

ralium likewise. But in the vse of this *Medicamentum Alimentosum*, there is much lesse need to prescribe any so exact and precise Rules of Diet, be the Intension *cautionary* or *curative*, to secure or arme the Body in preuention of ingruent infirmities, or to remoue or cure them when they haue made seisure. Yet is it very commendable and conuenient too, in the vse of this *Ala*, as of all other medicinable meanes, to obserue and keepe a moderate *abstinence* from food, of manifest ill condition at least, and in all others to rise euery *Meale* from *Table* with good appetite, that *Nature*, being no way hindred or oppressed with meats of hard digestion or naughtie iuice, or with too large proportion of ingurgitation, may without impediment freely and happily produce her *curative* and *salutary* *aymes* and *effects*.

This *Generall Rule* may well serue as all-sufficient to the common sort of *People*, to whom tis idle folly to prescribe strict orders, which they neither can nor will keepe. Many mens *Purses* are not furnisht for meats of fit iuice, and many robust and laborious persons are happy in their habilities of strong constitutions, accustomed to hardnesse and to grosse feeding, and meats of light digest

are

are of sleight esteeme with *stomackes* inured to make full meales on solid strong dishes. One word more yet by the way, of the different fruits of full and spare feedings.

Repletion or too liberall feeding heaps vp abundance of *excrements* and superfluous and vitious *Humors* (the *Relicks* of over-taxed *concoctions*) begets *crudities* and *obstructions*, oppresses and suffocates the *divine* and *native* heat, much hindring the laudable functions thereof *spirituall* and *corporall*, for it dulls all the *Senses*, and disannuls all dexterity, agility and active promptitude of the *body*, and besides breeding all sorts of *maladies* humorall, excrementitious, and such as proceed from *Plethora* and *Cachochymia*, it causes many times *recidivation* and *returne* of diseases otherwise quit and cured, and seldome failes to frustrate the *care* and *cure* of the honest *Artist*, in that they obrunde, debilitate, and oft deprave the salutary *operations* of *medicinnable meanes*. For *Nature* being over-borne with the heavy load of abundance, sinks vnawares in the *mid-way* vnder her burthen.

But contrariwise, the *Innatum calidum* (that *divine Opifex* and *author* of all *naturall functions*) nor implicated, nor intricated with *ingestions* of viands offensive in *Quan-*
tity

titie or *Quality*, but free to diffuse it selfe into and through all parts of the *body*, shall be able euerywhere to extend and execute its native *power* and *strength*, to conuert good iuices and depurated blood by nutrition into the substance of the body and all its parts, to digest, rarifie and dissipate by insensible *transpiration* all superfluous Humors, to concoct the crude, and change them into sanguineous nutriment, to attenuate the thicke, make fluent the tough, expedite *obstructions*, make patent all the corporall *Passages*, and fortifie the *expulsive facultie*. And by these meanes, the operation of this generous medicine shall be rectified, exalted, and more enabled to produce and shew-forth its most exquisite worthy effects, *enacuatine*, *alteratine*, and otherwise *operatine*, with more speed and facility. Such and so great is the *virtue*, *force* and effects of *Abstinence* or *Spare-diet*.

To returne; After each morning draught of the *Ale*, you may to many good purposes eat a few *Raisons* of the Sunne, and now and then make your *Supper* of them and a morsell of *Bread* if you will, for they leuigate, smooth and supple the roughnesse of the rough Artery or *Wind-pipe*, by opening and strengthening they cure the *torrifaction*, or retardate the

the *senilitie* of the *Liver*, cleanse *Phlegme*, ir-
 rorate and madifie the *body* with nutrient
moisture, and make the *juices* thereof rascid,
 lesse dissipable and more reparable, they
 breed good *blood*, and helpe infirmities of
 the *Throat*, *Lungs*, *Chest*, *Milt*, *Kidneys*, and
Bladder. For forbearance of meat after pur-
 gation taken, some limit the space of two
houres after a strong purging *Potion*, but in
 purges of *solid forme*, or in *Pills*, double that
time should bee interposed and past, before
 other *Repast*. And many admit of no meale
 untill the *Purge* have performed its *Office*,
 lest the meat should be corrupted by mixture
 with such medicine, but it is all-sufficient
 that the substance or body of the *Purge* hath
 so quit the *ventricle* that it hath past the *Port*
Pylorus into the *Intestines*; of which there is
 assured test, when neither *Belching*, nor up-
 braiding, nor loathing, nor sense of gnawing at
 the *stomacke*, nor any sent of the *medicine* re-
 maines. Then moderate *refection* with meat
 of good *juice* and easie digest may conveni-
 ently, and must necessarily bee taken to re-
 fresh *Nature*. Yea tis a common practice
 (contrary to *Avicen* (*Pon. 4. l. 1. doct. 5. c. 5.*)
 to prescribe the taking of a *Messe* of thinne
Broth, after the first or second *stools*, to wash
 downe

down the *Reliques* of the *Medicine*, to qualify the tedious qualities thereof, to comfort the *stomacke*, and to promote the operation of the *Physicke*.

But this *Ale* is so milde and benigne a *Medicine*, it may safely be admitted a neerer neighbour vnto *meales*, though it hath no need of washing-downe by any other liquid meanes.

For keeping the *house*; This *Panala* is *physicke sine custodia*, neuer in respect of its owne nature, confining the patient to his *Chamber*, but be he of any indifferent hability of body, or that he intertaine it for caution or prevention of sicknesse, hee may in the day-time, when the weather is any thing temperate, either walke or ride abroad, or follow his necessary field-occasions. But if the day be immoderate in *heat*, *cold*, *wet*, or *winde*, common sense will tell every sensible man, that the strong ought not in the vse of this nor any other purging *Physicke* (how mildly soeuer euacuating) rashly expose his bodie (of which neither *diuine* nor *humane law* permits to make wilfull wracke) to the *inurie* of such distempered *Skies*, and that keeping *within-doores* is the safest and surest (and indeed necessary) guard for the crasie in such cases.

cases. For the humors stirr'd vp and agitated by purge, are, in too hot seasons (which debilitate the strength, kindle hot diseases) more or lesse, according to the strong or weake working of the Medicine, either drawne to the *Superficie* or *skin*, (a contrary course) or else over heated, doe kindle a Feuer: thorow Cold they grow sluggish and dull, and slowly descend and passe thorow the straitned passages. The *Ayre* being very moist, in wet weather, passing into the body through the dilated Pores, loosens the same, and occasions defluxions, but a more vast and free *Ayre*, agitated with blustering winds, much trouble the *Body* with a shuffling confusion of the *Humors*, and cause difficult Purging.

For *Matter of motion*: It is verie requisite and conuenient (*viribus constantibus*) to vse moderate *Exercise* or *Labour* of the *Body* after taking the *Potion* to stirre vp and kindle the *Fire* of the *Innatum Calidum* (the mouer of all Medicines and *Causa sine qua*, without which their *spirituall faculties* lie as it were consopited, and produce no good Action) and before meat an houre or more to further *Concoction*, *Digestion*, and *Distribution* of *Vitands*, to restore and corroborate all the *Cor-*

porall Faculties, and rectifie the *Actions* of all the *Senses*, but with this *Caution*, that it be continued *ad Ruborem* onely, in thin *Textures* of Body, lest it exhale, dissipate and spend the *Spirits*, and debilitate the *Members*, yet in strong corpulent and stuffy *Contextures* it may well be extended *ad sudorem*, and the rather if bee not vsed till some two *houres* after taking the *Medicine*.

CHAP. VIII.

Of the diuerse and contemporarie Operations of Panala.



Ultra nescientes (saith *Severinus Dams*) *de multis dubitare necesse est*. From much ignorance must needs issue a numerous brood of doubts: But a Man, that will needs be a great *Master* in *Physicke*, feares (or rather faines, translating plaine *Cavil*, *maine scruple*;) the confused distracting of *Nature* with the various taske of meat, and this medicine set to work, if not tane at one time, and the contemporarie Operation of my *Panala*, from the *Circumference* to the

the *Center* of the body by deiection or *Stoole*, and from the *Center* to the *Circumference* by *Evaporation* or *Sweat*.

Is it not *Natures* Innate Office and common Deuoir together and at once to operate and produce multiplicious and various effects in our bodies, to incide, attenuate, deoppilate, to astringe and corroborate, to rarifie the grosse, deterge the rough, condensate the fluid and rhinne, to digest all *Ingestions*, and by separating the *impure* from the *pure*, to assigne and distribute this for *Nutrimment* to all parts of the body. (how dissimilar soeuer in substance;) and that partly to sequester and send vnto peculiar *vessells* and *receptacles*, and partly to amandate and expell by *Stoole*, *Urine*, *Sweat*, and by sundry other *wayes*, *meanes*, and *Emunctories*? Doth Shee not *simul et seorsim*, at the same time, and in the same *Mesaraique Veines* cary the *Chylus* from the *Guts* to the *Liver*, and the *Blood* from the *Liver* to the *Guts*?

And the familiar benignity of *Panala* doth rather associate and sympathize with *Nature* in the diffusing and imparting of her salutary and wholesome Faculries, than any way affront or impeach their participation. For the contrary *Qualities* residing in one

substance, worthy *Fernelius* saues my labour in his various attributes vnto *Guaiacum*, which saith he, if any man meruaile at, *Veteres consulat Artus proceres*, Let him aduise and consult with the writings of the ancient great *Masters* of *Physicke*, who have tryed and approued One and the same simple and single Medicine to bee indued with, and preuaile in diuerse faculties, as of *Heating* and *Cooling*, or of *Drying* and *Humecting*, or of *thin* and *grosse parts*, &c. And that this record of his may not to bee thought to be confined to the *first Qualities*, *Headdes*; and except those *Primarie Qualities*, were confused and mixt together in one medicine, surely the *secundarie*, which diuine and proceed from them, could not bee likewise complicate in commixture. So *Rhubarb*, and *Steele* haue diuerse parts deoppilatiue and astringent. *Wormewood* restraines *Laxes*, and relaxes bodies constipate, it heates the cold *Liver*, and by accident through opening *Obstructions* cooles the *Hot*: *Saffron* congregates and contracts the *Spirits* too much diffused, and yet expands and diffuses them where it finds them contracted. *Aqua vita* cures *Contusions* and *Burnings*: To conclude; is't not a common

common practice amongst the vulgar to helpe *Hot griefes*, with *Hot meanes*? Doe they not coole *Feuer-heats* with *Hot purgers*? Apply they not *Wine* and *Spirit of wine*, to *Heats* and *Inflammations* of the *Head*? Yea, they fire out *Feuers* with *Pepper*, with *Additament* of *Aqua vite* many times.

But what will you say to *Mercurie*, which is both *moist* and *dry*, the *Hottest*, the *Coldest*, and both *rarifies* and *condensates*: The *Chymist* calls him a true *Healer*, a *wicked Murderer*, the *Tobacco* of *Mineralls*, *Protens*, *Magician*, &c.

But to the Doubt; how *One* and the *Selfe-same* Medicine, shold at one & the same time produce diuers effects of *purging* & *sweating*. *Quercetanus* is so full and pregnant in this point, He may be *instar omnium*, and serue for a *Sea of witnesses*, for punctuall resolution of the *Quare*; Take therefore his Testimonie in his *Pharmacopœa*, vpon a *Maceration* or *Infusion* (nothing disuiling this in the *Genus*) both *Purgatiue* and *Sudatiue*.

Double Euacuations (saith He) are therefore at one and the same time (*simul & semel*) performed by one and the same remedy, which will seem strange vnto some, as I my selfe, circumuented and transported with the

same errour, conceiued before Experience (*Rerum optima Magistra*) taught & brought me into a contrary opinion.

Nor is *Forstus* (in his *Scholias* vpon his 20. Observation *de Lue venerea*) his disauow of this double Euacuation, to bee taken absolutely for a generall rul efor the reason he alleages proues it not: *Si multum sudet, non potest alvus fluere, si fluit alvus, non potest sudare*; This *multum* surely carries no lesse relation vnto the *Flux* than to the *Sweat*, to wit, meaning both to bee profuse, and *Magnos effatu dignos*, so that profuse purging may suspend and minorate, but not superlede the sweat.

And the same Author (*Observ. 11.*) approues and prescribes stronger *Physicke* comprehending both *purgatiue* and *diaphoretique Faculties* in one Medicine, than this *Panala* is, with this Testimonie of the double working of the same: *Habebat plurimos scessus quotidie & subinde egregie sudebat*; Hee had daily many Stooles, and therewithall also sweat excellently well, and by these meanes was perfectly cured.

But sweating here by my Medicine exhales onely the rarified Humors not attracting the *Faces* to the Skin, but leauing them in *Deposito* within their peculiar *Receptacles*, to be in
due

due time eiected. How can I then, without iniustice deprive the remedy of its iust rights, by iniurious concealing its speciall Facultie of causing sweat, *sic* it doth with facillie *iramq; paginam absolueret?*

To the Cumber or inconuenience of discovery or exposure of the open body to the cold Ayre by purging in sweat; what great Danger or Doo is it to conuey a lined Bed-stoole or warme Boll to the Patient, euen in the heat and height of the Exhalation, which no man can truly conceiue I intend should be profuse or excessive from Panala, because my declared ayme in the dispensation, is at temperate moderation in all the *Evacuating Attributes* I giue vnto it? And assuredly, whosoever, after his *Morning-Stoole*, sweats in bed with this Portion (made hot as it must be) may securely continue that Evacuation an houre or two (or more were it not too many at once) before hee need feare or expect propocation to a *Second Stoole*.

If yet any Scruple chance to sticke in some fond or froward Stomacke, the *Fund* without *Purgers* will assuredly evaporate all such friuolous conceits from out his fancie; And the *Second Infusion* will reasonably worke such like effects. But with which

infusion soever you swear, let the body bee well clenſed, with 4. or 5. dayes continuance of purging by ſtoole, then take the morning potion ſufferable hot, but in bed and after a ſtoole, if it may be.

CHAP. IX.

Observations remarkable in the uſe, and operation of the Ale.



That Phyſicke workes not alike in all Seasons and upon all ſubjects, common ſenſe informs the moſt ſtupid poore Obſerver, but ſometimes, though it bee methodically miniſtered by a good *Artiſt*, the expectation is illuſed by *exceſſive* or *diminutive* operation; nor is it a matter of facile diſquiſition to beat out and diſcover the certaine reaſon of ſuch incertaintie. For ſome bodies, by a ſecret propriety of their owne natures, are eaſily and pleaſantly purged with milde medicines, and others ſcarce moved with very ſtrong Purgations.

But

But of *occult causes* it is not pertinent nor fit, either to the place or my pen to discourse; onely a Touch or two of others, because, though more eident, they are not so perspicuous or manifest to *vulgar notion*, but that they may necessarily admit some particular demonstration.

The working of *Cathartique medicines* doth commonly vary (*quoad majus & minus*) according to the variation of Seasons, and the states and constitutions of mens bodies.

For the first: The *hot* and *dry* season or disposition of the Ayre extracts, euaporates, and waists much of the humours of the body, & by consequence debilitates the same, and leaues lesse matter to furnish forth copious deiections; nor is it fit for purging Physicke which for most part heats and weakens.

Cold weather and *Northerne winde* contract and straighten the passages, binde the body, exiccate and thicken the humors, and make them rebellious, or lesse obedient at least, to Physicke, which in these cases must needs be lesse copious in euacuation.

Southwindes, *moist Climates*, and wet or *Rheumatique weather*, humect the body, loosen the humours, and occasion plentifull deiections vpon due meanes.

Mode-

Moderate seasons, Southerne winde, (not boystrous) and temperate Regions are most accomodate to Purgations for production of best operations.

Touching the *State of the Body*; *hot and moist constitutions* with most ease and safety of all others doe beare and obey Cathartique medicines.

Hot and dry bodies purge sparingly for lack of matter and its vnaptnesse to moue, and must with caution be purged with well qualified meanes, lest they distemper with heating and drying; to meeet with which inconuenience let such constitutions take this Portion a little before meales.

The moist, the young, and those who are accustomed to a sedentary life, are easily moued by Purge, according to its strength and the Patients ballast of humours and excrements; the like may be said of *women*, sith they are vsually of soft, loose, rare and patent textures, yet none of these accord with strong medicines, though *pregnant women* may in the third, fourth, and fift Months (the ligaments, by which the child adheres to the wombe, being then more firme) admit of moderate euacuations in acute diseases attended with turgent matter.

Robust

Robust strong bodies, and those that are inured to laborious living, and constitutions indued with obtuse sense of the parts, doe slowly yeeld vnto deiectiue meanes, yet may they safely suffer plentifull euacuations.

Corpulent bodies likewise, though they easily endure purgations, doe purge with some difficulty, because their constitutions are cold, their corporall passages straight, and their spirits but few, and those turbid and grosse.

The thinne, the leane, and the temperate, are easily moued by Physicke, yet purge but sparingly, because of the rarity of their textures and tenuity of their humours, nor are strong purges accommodated for them, by reason they weaken their languid virtue, and spend their dissipable spirits.

Note further; that *Plethorique, full and foggie bodies*, whose vessells are stuffe with turgid illaries of copious and restagnant Humors (whether congested by surfet or other repletions) doe many times, vpon light and slight Purgations, powre out profuse and copious deiections, with much perturbation of the Bowells many times. For the redundant humors long pent vp, and now finding the veines and vessells restrate, and the passages

sages of export expanded by the purge, *Qua data porta ruunt*, rush and gush out (like liquor forth of a full cask pierced and vented) in copious flux, without any effrenate or unbridled force or effect of the medicine, but by reason that *Nature*, moving to expulsion, now thus a little inhibited doth deconerate and ease her selfe of over-burthens. For whilst *Nature* is vigorous, strong and sound, and mannages well her offices of gouernement ouer our bodies, shee excludes and driues out of them whatsoeuer is peccant and superfluous; but when shee is over-burthened and over-borne with abundance, shee so attends and waits all occasions and opportunities of easement, that shee apprehends many times the first and least *hint of helpe*, and ioynes her owne forces with the *forreine aid*.

Yet sometimes profuse deuotions fall out contrary to *Nature*, when through imbecility of her *regent* and *retentive faculty*, she suffers defluxions.

Or though she be more valid and strong, yet is she sometimes so much prouoked and molested with the *copie and acrimony of the humor*, that shee cannot retaine it, but must euen let and suffer it by its own force to fluce
and

and breake forth from out its vessels and receptacles.

Both these euacuations are *symptomatically*, *vnnaturall* and *vselesse*, because the benigne and salutary *succi*, together with the malignant and pernicious, doe promiscuously and irregularly, without any election, burst and rush out with violence.

But these profuse euacuations, whether *symptomatique* or *legitimate* (exterminating onely whats cumbersome, either in the *kind* or in the *quantum*) whether occasioned through disorder of the Patient, or proceeding from other causes (evident or occult) iumping and ioyning with the *contemporary* operation of a purgatiue medicine (though milde and moderate) cast foule aspersions vpon the *Physician*, where concurring causes are not well considered or not duely weighed of the censurer.

To leaue no colour of *cauill* to the carping *Momus*, and to meet with the many incomprehensible secrets shut vp in *Natures* closet; my *Panala* neuer astonishes her with sodaine, nor debilitates with vehement assault, but gently assayes her with medication of so mild *allay* and gradation, (*facilitate non vi operando*) that it may securely, without any endaingering

gering the patient, sound and search out the abstruse and vnknowne conditions of any constitution, even of the commoderate and soundest in integritie of sanitude, which according to *Hippocrates* (*Aph.* 3. 37.) brookes not Purgations without difficulty and perill, because by setting vpon the *spirituall* and *balsamique Mumie*, for want of vitious humors to worke vpon, they cause *grindings* in the guts, *swoundings*, *vertiginous* and other *symptomes*, and by continuance *colliquation* and *consumption*.

Obserue further, that after foure or five dayes vse of this *Ale*, much *matter* being therewith auoided, you cannot expect the daily continuance of like copious deiection, as you found at first (although by cleering some passages, which perhaps were blocked vp before, the wayes for free working become more patent) if you bee temperate in *meat and drinke*, and the time in *wind and weather*, except you extend the *dose* or *draughts* in taking larger proportions of the Medicine.

Nor will the *Second Ale*, prepared by *reinfusion* of the same *Fund* or *Bag*, doe much more, for *matter of purging by stooles*, (though it will then effectually purge by *vrine*) than
keepe

keepe the body soluble, by reason the *purgative spirits* of the ingredients, being more dissoluble and allecstive than the *alteratives*, will be well-nigh exhausted and drawne-out by former *infusion*.

This orderly discent and passage, from purging by the *first Infusion* to meere solubility (which in most cases, will then be all-sufficient) by the *Second*, cuts-off and prevents all occasions of constipation or costivenesse (the vsuall subsequents to purgers) by continuing the cutting of humors, decopulating of the vessells, and by still stimulating or soliciting the *excretive facultie* to the ordinate performance of its office. But the addition of two ounces of *Sene* with *Rubarb* and *Mechoacan*, of each halfe an ounce, unto the ingredients in the *bag*, will now indifferently furnish the *second Infusion* with purgative faculties, and for the alterative, it retaines sufficient force in the first Composition, as aforesaid.

Note moreover, that in some cases, by competent continuance of this Medicin (as in other *Dietetique Physicke*) there follow and are brought forth excellent *fruits* and *effects* of Alterative working in the Bodie, long after ending and giving-over the taking of
of

of the same, insomuch, that many time a moneth or more thence, you shall finde much more *fruit* and *benefit* by it (without any euill *Diatbasis*, or impression of disaffect cōtracted from the extended vse thereof, than, during the continuance of drinking the *Ale*, you could well conceiue, or by any probable coniecture from present perseuerance, expect or propound vnto your selfe, provided, that you doe not relapse through manifest disorder or grosse *distemper*, the *Patients scourge*, and the *Physicians scandall*.

The reason of such *Haruest of physicall fruits* in expectance and future, rather than in Present, may well be, that *Nature*, being kept in continuall *Action*, and the *Humours* and *Spirits* in more motion than ordinarie, by the daily vse of the Potion (though gentle and moderate) the effects thereof cannot be so settled, nor so sensibly discerned, during the *Machine of Medication*, as it will bee after some competent repose and Cessation from the purging, for composing all agitations. Besides that, the plenteous store of salutarie *spirits*, deriued from so excellent a *potion* by an extended course of drinking, diffused and impressed into al the parts & dimensions of the body, doth with the *Opisique spirits* of the

the body continue mutuall cooperations, many daies, or rather weekes, after the giuing ouer of the *Ale*, to the perfect maturation of the fruits.

CHAP. X.

The excellent Vertues of Panala in Generall.



Panala is a true and perfect *Medicamentum Alimentosum*, ministring to the body both food and Physicke: It is a legitimate *Diacatholique*; a generall happy Purgatiue eliminating all humors offensive in qualitie or in quantity, but working most on the most redundāt, in that they are most affluent to Electiues, & most obedient to expulsiues, though rebell tenants which Nature most endeouours to eiect, because they infect *Her* with more frequent and more mortall *Duels* then all forraigne and other domestique *Foes*.

It is a Generous and almost a Generall *Vniuersall Medicine*, (not inferiour to any Galenicall Physicke whatsoeuer) happily
 G perfor-

performing all the parts of a good *Preparative*, *Evacuative*, and *Alterative*, and not a little participating of the *Comfortative* also, to the *Naturall*, *Vitall* and *Animall* parts, the *Liver*, *Heart* and *Braine*, and their Powers or Spirits, and, being compounded accordingly, it is a *Benedict remedy* for any infirmity or defect in a manner, even for *Hunger* it selfe, in that it participates of (if not exceeds) the *Alimentary* virtues of the *Staffe of Life*, comforting the *Stomacke* and nourishing the whole body.

It *Concocts* crude and raw humours, cuts, liquifies, attenuates and makes the *thicke*, the *tough* and *Tartareous* become plyant and obsequious to *Nature*: the attenuated, the concocted, the serous and watery it digests and consumes: it clenches the *Ventricle* from *slimy* and *Phlegmaticque Crudities* sticking to its rugosities and wrinklins, deterges the *Lungs* and *Chest* from viscous and putrid *Humours*, which, cleaving vnto them and subsisting in the slender Branches of the *Aspera Arteria*, doe obturate and shut vp those straight passages and cause difficult breathing.

It dissolues, dissipates and rids terrene and gravelly concretions, it deoppilates, opens
and

and mundifies the *Lungs*, the *Intestines*, the *Liver*, the *Spleene*, the *Reines*, the *Matrix*, and all the vessels, Parts, and Passages of the body, euen the neruall conduits of the spirits, and by these meanes makes excellent way for further workings, both of this same, and of other Medicines, by *Stoole*, *Urine*, *Evaporation*, and other Operations.

It gently, safely, effectually and most commodiously purgeth *Choler*, *Phlegme*, *Melan-cholly*, nor rudely, nor rashly rousing this sleeping *Lyon*, (by agitating or stimulating the stubborne humor) from quiet *Denn* to furious *Doe* of daingerous dinrs, causing fearfull Passions or grievous affects; so doth it also cleanse and cary forth all corrupt and putrid humours (Authors of wormes and many other woes) with other peccant and superfluous contents, sincere and alone leauing the laudable for Natures store.

It is therefore more auailable for *Longanitty* & length of life, than exercise and sweat, for such moderate *purges* worke chiefly vpon the humors, whereas succulent Iuices and good *Spirits* (not easily repaired) together with humors and excrementitious vapours are exhailed and consumed by *perspirations* and *sweats*.

Particularly, it purges (without perturbation or shuffling of humours) first of all the first region of the body, to wit, the *Ventricle*, the *Mesaraicke veines*, (those numerous roots of innumerable *Symptomes*, and *Diseases*) the *Cavities* of the *Liver*, the *Milt*, the *Hypochondria*, the *Mesenterie* and *Pancreas*, those two *Sinkes* and *Swallowes* of all *Illuies* and *Impurities*: yea, there is scarce any other *Cathartique* that doth so mildly and so powerfully draw forth and eliminate corrupt thicke *Humors*; besides that by continuance and consequence it euacuates the other *Regions*, the *Convex* or outer parts of the *Liner*, the *Vena cava* & its *Concomitant* the *Great Arterie*: and after its effectuall expansure and purgature of the first two, it vndertakes the *third* also (the *Taske* of our *Gigantine* and most valid *purgers*) and effectually, by its *propriety*, promoted by extended *perseuerance*, performs eradication of deepe-rooted *Maladies* from the *Muscles*, *Membranes*, *Ioynts*, the remote *Extreames* and whole *Moles* and *habis* of the *Body*, thereby cutting off and curing many stubborne diseases able to beare the brunt of the strongest remedy.

Itlibus

Etibus innumerus cecidit Dodonia Quercus.
 The huge maine Oake, which Cannon cannot
 downe,
 Hew'd through with many stroakes, strikes
 th'Earth with's Crowne.

Nor doth it evacuate the *Body* by *Stoole* onely, but it is likewise both *Diuretique* and *Diaphoretique*, dissolving & expelling serous thin humours, by *urine*, and by insensible *Transpiration*, (easily breathing forth rarified exhalations through the dilated Pores) and effectually causes *Sweat* being taken hot, (especially compounded without *purgatives*) and the *Body* well happed accordingly. For as it separates and eliminates *Heterogene* and superfluous Humors *per secessum*, by *Stoole*, so doth it also therewithall, and by *Evaporation* euacuate *Fumes* and *vapours* of malignant quality and vicious condition, without expense of the *Humidum radicale*, or *Primi-genium* (the Foundation and food of Spirit and heat, and by consequence of Life and Being) thereby preserving *Natures* rich *Treasures Corporall* and *Animall*.

It corrects and remedies *Cruditie*s, carminates *Winds*, and discusses flatuous *discursi-*

ons and wringings in the body, stayes vomitings by diuerſion, excites the Appetite, quenches Thirſt, enlarges the Pectoralls, and cauſes eaſie Spitting.

It cures long Feuers, Quotidians, all Intermitters and peſtilentiaalls, the Greene Sickneſſe, (*Albas virginum Febres*) Cachexias and all lent, tough and lingring Infirmities, bred of the impurity of the Viſcera or of inueterate obſtructions.

It deoppilates and extenuates the ſtuff and diſtented Spleene, abates obefe and corpulent Bodies, and is very conducible for exhauſting and curing of all Diſtillations and defluxions to any part: It is available for Tooth-Ach, Inflammations of the Eyes, Vvula, and Almonds of the Throat, for the vertiga, and all infirmities of the Head, wombe and Bladder, both new and old; for all Cephalique Dolors and diſturbances through fumes and vapours, and for all Fluxes, Dropſies, and the Falling Euill.

It helps all Colds, Coughs, Aſthmas, or difficult breathings, the Iauundiſe blacke and yellow; Ill habits of the body, Putrifactions, hard Tumors, and all other ſwellings, wandering paines, ſtinging and fixed Aches; the Cholicke, the Stone, all Gouts, both the running

ning and the impacted, hot and cold, *Palsies* and all ill-affections of the Sinewes. It helps *Salt Rheumes, Itches, Scabs, Byles, Botches, the Scorbuto, the Leprie,* and other contagious *Maladies,* and the cure of all curable *wounds* and *ulcers,* (inward and outward) with many other defects and deformations *Intus & in Cute. Fætet anima? deformat Hircus?* Make *Panala* thy sweet Companion if thou hopest for helpe.

It rectifies the *Stomacke* and erecting the *Digestiue Facultie,* furthers the *Concoction & Distribution* of meat, comforts the *Lungs,* and all the *Pectorall parts,* corroborates the *heart,* strengthens the *Liuver,* purifies it and the whole *Masse of Blood,* and breeding laudable *Chylus,* impinguates squalid and starueling *Bodies,* by inhabling them in future to become fat or faire and much better-liking.

It cleeres the *Sight,* florifies the *Complexion,* cherries the pallid *Cheeke,* quickens the *Memory* and all the *Senses, Internall* and *Externall,* refocillates and exhilarates the *Mind* and *Animall Faculties,* incites and enhables furtherance to conception, nourishes and maintaines the *Balsamique Mumie* of the *Bodie,* increases youthfulness, and retardates and keepes backe the approach and

seilure of *Old Age*.

For the frequent vse of evacuating and emaciating dyets is a speciall meane to promote *Prolongation of Life*, for that after them, the body becomes plump faire and almost new, through pure sound flesh, with restauration of youthfull vigor in some degree, as Oxen wrought leane, regain the flesh of young beefes by good pasturage.

Touching diseases which are wholly *Incurable*, or those whose legitimate cure is very perillous, this *Panala* is a most approued helpe producing such salutarie fruits of *Palliation*, (the securest and most commendable course of medication in such cases) as exceed all expectation; for without any *Danger* and incumbring *Doe* of dayly newed dispensings, it alleviates and mitigates all *Symptomes* of the sicknesse, which disturbe the Patient, if he be but patient, to persevere in competent continuing the Potion.

By dissolving coagulate blood, it discusses and scatters inward contusions, and preserves the body from putrification, and other perillous *Symptomes*.

Some men may perhaps expect I should capitulate and evidence all the particulars, and instance both the persons and infirmities,

ties, aswell touching their *Symptomes*, as the
mediate operation of *Panala*, for abandoning
or abating at least of their baynings or
oppressing burthenings. This I grant had
not beene impertinent to the worke, but,
were I so punctually satisfactory, I should
doubtlesse of many people bee branded for a
Mauchlesse Mandevill in *Hyperbolizing*,
maulger the magnifiquè good applause of
Myriads of Patients, extolling it beyond the
furthest extent of my praying Attributes to
the operation of its *Mechanique Spirits*.
To avoyd such *Stygmatique Rasures*, and
that my intended *Manuall* (of both parts)
might not grow voluminous in tedious In-
stances (which might perchance incurre,
with others suspect of fiction and impos-
ture) I propounded to my selfe, rather then
to presse too much vpon prouoked patience,
cursorily to point at particulars for the pre-
sent, well knowing that a word is enough to
a man of good meaning, especially if any
thing verst in *Physicke* (though such haue
most cause of cauill at this Medication which
benefits the Patient, but brings little or no
profit to the *Physitian* and *Apothecarie*.) for
he will easily grant, that such a Remedy may
well be available in all diseases saue in *Nude*
distem-

distempers *sine materia*, which are seldome found in our cold and full-feeding *Climates*, yet such may easily bee met withall by this medicable Potion.

For as all *Geometrique Figures*, may bee measured by Triangle, so all Infirmities materiall and immateriall, may be medicated by *Panala*: Will you haue an excellent Restorative for Consumptions and Bodies emaciate and spent with long lingering sicknesses? the Bag compounded without Purger with the Ingredience of meat of nutrient iuice, perboiled vntill the blood be in effect decocted away, and minced very small both flesh and bones, presents you with a cup little inferiour in degree to a *Chylus*, which shall exceed all other preparations of food for easie digestion, fine and facile diffusion into the veines and members and for copious Nutrition with least quantity of excrementitious Reliques. To conclude;

Would'st lumpish Melancholy medicate,
And gloomy Fumes at once euaporate?
My Straines crosse canuast by brisk-witty Criticks,
Change Moods dull-moody to cheer'd-merry Crickets.

CHAP.

CHAP. XI.

*Of the excellent cautionary virtues
of Panala.*



Nature, the best *Moderatrix* of mans *liuelihood*, not ignorant, that *Pre-cavere Morbis quam curare melius est*, that mature prevention of maladies is better than the best medication for cure, (*Magis quippe op-randum est, omnino non pati, quam à passionibus liberari,*) duly aymes by daily endeaours to constitute and continue the body *temperatum ad pondus*, (as in Mans first creation) that it may be intire and perfect in state of health to the last *period of life*, or at least to conserue the same in such *latitude of sanitude* as it was produced.

As therefore euery intelligent and industrious *Hortulan* is euer carefully curious in diligent cleering and curing his Plot of irregularities, superfluities, weeds, incumbers and vndue Ballasts, and of storing and furnishing it with all commendable and necessary

fary accommodates: So prudent and provident *Nature*, administering all things the best she can, doth still, without intermission, *moliri* and labour the excretion and quitting the *Bodie* of all excrementitious, superfluous and peccant *Humours* and Contents, with the supplying of all defects, and reforming of all *deformations*, which good effects could she alwayes happily attaine vnto and accomplish, according to her intention, there should neuer need any *Physicall meanes* to rectifie the state, or preserve the health of the *Body*.

But the rebellious quality and over-maistring quantity of many potent opposites, together with the repugnance of stubborne and obstructed parts and passages (contracted many times by erring or vndue deuiating from the right administration or due mannage of the *Six Non-naturalls*) doth often delude and frustrate these her carefull intendments of their worthy ends.

Now this *noble medicine*, a most singular instrument of *Physick*, (*Natures Hand maid*) powerfully oppugnes and resists her opposites, and ioining with her in her salutary designs subdues and reduces them to her obedience, rescates the ports and passages of the body, and

and amandates and expells whatsoever is aduerse or incongruent, and by consequence diuerts a world of diseases, and conserues the health in good latitude.

A boystrous *rouzing Purge*, like a rude *Ramp* that rashly pluckes-up the *Herbes* with the *Weedes*, shuffles all sorts of *Humors* into confusion, and promiscuously with much violence to *Nature* eliminates and voids both good and bad, as well *Euchimique Balsamaries* as *Cacochymique Bayners*, whereby *Nature* is defatigated and debilitated, and the state of the body much endammaged.

But milde *Panala*, like a discreet *Damsell*, which preserues wholesome *Herbes*, and weeds-up hurtfull *Weeds*, dorth by easie degrees gently, pleasantly, and safely, (nor over-heating the body, nor petturbing the Patient) raise and remoue the intrenched enemy, and disburthens *Nature* of sincere and meere peccant *Humours*, thereby preseruing the succulent and salutary *Iuices* intire and exempt both from *euacnation* and from incident *corruption* and *infection*, which would necessarily bee contracted by their continued mixture with the vnnaturall, if still retained.

To giue some particular instances for the
neces-

necessity and vse of this preuenting Physick, giue me leaue here, more fully than before, to present vnto your view and consideration the three *Grande Colonells* which vsually with their many troopes of *Miscreants* assault and batter our Bulwarkes of Health, against all whose infesting forces *Panala* is furnisht with such munition, that all their mischieuous machinations and designs, to demolish and ruinate the whole fabricke of Mans Edifice, are countermined, dashed and disannul'd.

The three Chieftaines encamping against our Cittadell, are *Cruditie*, *Rheumie*, *Obstruction*, and vnder their Colours *Bands of Sicarij*, bloody *Bandetti*, doe bandy themselves to bane our Bodies at least, yea many times with stupendious tortures they distune and destroy the Heauenly Harmony of the Soule.

Vnder *Cruditie*s Colours are encamped *Cachexiaes*, *Hydropicall Diseases*, *Oedemata* or *pblegmaticque* and *serous Swellings*, *flatuous discursions*, and painfull wringings in the *Iliac* and *Colon*, the *Lienterie* or *flux* of *Excrements* and indigested viands, with many other great and long griefes; *Imo, Cruditatis assidua Mater est omnium ferè agriundinum Materialium.*

Those

Those who live not orderly (*sobriè*) doe daily, according to *Lessius*, in his *Hygiasticon*, make some additament of *Crude Humors*, which attracted into the veines & diffused into the whole *moles* and *bulke* of the *Body*, as into a *Sponge*, (to the quantity of 100 *Ounces* in one yeere,) doe in tract of time putrifie and breed mortall diseases, which cut off most men before their time. For almost all that dye of sickness before *Old Age* dye of this Cause.

Amongst all sicknesses marching after *Crudities* I beg license not to forget that numerous Fyle of secret, but forward foes, *Serpentine Wormes*, those treacherous *Underminers* of our *Microcosmique Castle*, which come for most part of crude, superfluous *Chylus*, and ravening for the like become *Robbers* of *Rest*, *Restoration* and *Life* it selfe.

These petty, puny *Pygmies* (subterranean spirits bred of *Corruption* and *humid Heat*) these pernicious *pyoners* and *pyners* of the *Body*, feed-on, deuoure, and consume the good *Inices* provided to nourish and maintaine the whole *Bulke*, which hauing the *connoy* of Nourishment continuall cut-off, doth necessarily become leane, meager, and misliking, and the *Appetite* many times insatiable

riable, by reason the famelique or esurient spirits are robd of the foizon of food, which the Mechanique should worke-on to furnish all the parts with congruent and comperent food.

Oftentimes the nutrient Succs being incomperent to satiate and glut their numerous Gorges, they molest and torment the intestines (the very Beds they were bred in) with corrodant sucking, cause the Cholicke; paines like to the Hypochondrique flatus (the Girdle of the Spleene) flux of the Bowells, Distension and Inflation of the Belly, and diuers times stupendious passions, and in fine, most dolorous death by perforating and eating-thorough the Gurs.

Though therefore these Lumbrici, bred and nourisht in the small Guts (especially) of the Chylons Iuices, being crude and pituitous, doe oft continue and quietly containe themselves therein a long time, in some bodies, without any manifest dammage or inconvenience, and at length, sans former discovery, cure or care, descend with the excrements into the Crassa Intestina, and are with the same from thence eiected and cast out by stoole, yet oftentimes in their hungry hunting after food they ascend, creepe and
crawl

crawle vp into the *Ventricle*, (yet sometimes produced there of putrid Ballasts) defatigate and tire the *Stomacke* with tiring, pulling and lugging, hinder concoction, cause much *Dolour*, *Nauseam* and loathing of *Meat*, *Dry Cough*, *Thirst*, *Hiccup*, *Vomitings*, and various other violent and perillous accidents, and by gnawing, crawling about & pestring the *Mouth* of the *Stomacke*, make difficult swallowing, and worse Symptoms.

Yes, so woefully farall are these accursed *Miscreants* many times to our weale, that they wrecke vs in their owne wrackes; for lying dead in the *Bowels*, till they bee putrified, they send vp stinking vapours, and malignant fumes, which affect and infect both *Heart* and *Head*, causing *Suffusions* and *Cataracts* in the *Eyes*, *Falling Evils*, *Alienation* of the *Minde*, *Palpitation* of the *Heart*, *Faintings*, *Swoondings*, *Cold* and ill-sented *Sweats*, *inordinate Feuers* with horror and rigour, *Trembling* and *dissolution* of the *Body*, *Convulsions* and other fearfull Symptoms, and other *Concomitants* of daingerous consequence. This multiplicitious Band of banefull *Miscreants* are the most timous and frequent infesters of the *Bodies* fabricke, not onely assaunting tender *Infancy* and *Child-*
H
hood,

hood, but euen setting vpon Manhood also, with their pestiferous Troopes of Tortures which are many times found to swarme in malignant Fevers. And I hold it very probable, that the vnimely Death of most Children, may truly be attributed to Wormes, and other *dots* and effects dismaiming from such superfluous and crude Indigestions. But this dainger (saith *Lessius*) by well purging the body yeerly at Spring and Fall, is preuented, and the Life produced to yerie Old Age.

For Children therefore and all Students and others of small exercise or ill Diet, it is most requisite to vse such temperate Evacuation euery yeere at such times, and for all others against euery *Climaterique* or *Senenb* and *Nynib* yeere, according to the Counsell of *Taisnerus*, from *Marsilius Ficinus*, shewing that by helpe of *Astrology* and *Physicks*, naturall Death may be deferred. *Sed hoc parerga*: These wormes haue made me weaue too large a Webbe of course raw Thread; therefore no more of Colonell Crudisie.

Rhume musters Inflammations of the Eyes, of the Almonds, of the Throat, of the *Panla*: the Angina, Tooth-Ach, paines in the Eares, and others parts of the Head, Coughs, griefes

griefes and weaknesse of the Stomacke; Excoriations, and Apostumes of the Lungs, Luer, Reines and Bladder, stabbing Plenries, pining Consumptions, Fluxes of the Belly; the Cholicke and the Sciatica, Gouts of diuerse sorts, and Tumors against Nature: Deafnes and Blindnesse, Palsies and mortal Apoplexies,

For this Distillation (*Catarbus*, defluxion, or falling of supervacuous humors from the Head into the subiected parts) yssuing from the ventricle of the Braine, and from its *Convex* and encompassing *Meninges* when tis more exuperant into the Inwards of the body, stirres vp diuers mischiefes in our *Microcosme*: For rushing into the *Roots* or *Originalls* of the *Nerves*, it causes *Stupors, Tremblings, Palsies, and Apoplexies*: into the *Organs* of the *Senses*, it causes rabling in the *Eares*, and dulnesse of *Hearing*, and Dimnesse of *Sight*: into the *Nose*, *Stuffings* and losse of *Smelling*; into the *Lanes* and rough *Arterie*, *Cough* and *Hoarsnesse*; into the *Lungs*, the *Asthma* and *Consumptions*; into the *Ventricle*, *Cruditie* and *Indigestion*; into the *Intestines*, *Flux* of the *Bowels*, and from hence if it insinuate it selfe into the *Lauer-Veines* (by the *Mesaraicks*) it thickens there and stufes both *veines* and *vessels* with *Obstructions*.

fructions. Sometimes it sallies and comes from without and above the *Cranium* or *Skull*, especially from vnder the *Skin* of the *Crowne* (where the Extreames of the veins, creeping and caried by and thorow the face and fore-head or Temples, are bestowed and terminated in and about the *Verticall point*) and then it passes and disperses into the eyes, into the *Mandibles*, the *Teeth*, the *Necke*, the *Shoulders*, *Armes*, *Sides*, *Backe*, *Loynes*, *Hips*, *Thighes*, and in conclusion into all the *Joints*; insomuch that all *Athritique* and almost all *Externall paines* dimane from this *Outward Defluxion*.

The last, not the least of the *Three-Chiefes* is *Obstruction*, a *Potent Foe*, vigilant in his designs and never vnturnisht of one *Machine* or other, *Fire-workes*, *water-workes*, and other *Munition*.

The *Liver* is a *maine marke* of his Ayme, both because it furnishes all parts with prouision, and for that it lies open to his Batteries, by reason, that the numerous deriuation of *Vennie*, both from the *Pore* and *Hollow-veine* (through which two all the Alimentarie Juices haue their Passages) is in most exile and slender branchlets (apt to bee oppilated and stoppt with viscid Humours) dissipated and

and obliterated into the substance of that *Parenchyma*.

Here he commands over *Scirrhus*, hard *Swellings*, *Inflammations* (to the mortifying of the Liver sometimes) *Fewers*, *Fluxes*, *Laudis*, There *Hydropique*, *Cachectique*, *Cachochymique* affects, *Greene Sickness*, and other *Discolorations*, *putrifaction of Humours*, and *Atrophie* (inartie extenuation or slow pinning away of the body) with Batteries many more.

Now he levels at the *Gall*, turns the constrained *Choler* to stony concretion, and diverts the affluent to the diffusion of auruginous *Tinctures*.

Hemorrhages and naturall *Evacuations* of Blood are suppress in both Sexes through his designements vpon the great *veines*, and vpon the *Mesaraiques*, the *Hemorrhoids* are stopp'd, and *Melancholique* and feucrous affections set to breach.

By setting vpon the *Milt*, Hee obfuscates the *Mind* with colid fumes, colliquates and waists the *Body* and *defadates* the *skin*.

By attempts in the *Intestines*, he hurts the *Digestion* (occasioning crudity of *Stomack*) and hinders *Ejection* - sometimes though seldom hee indurates and euen lapifies the

Phlegme heapt vp in the Cells of the *Cecum* and *Colon*, but many times stirs vp and raises suspitious windie Passions in the *Illa* and greater *gut*, as if he meant by *Mines* to blow vp the maine Bulwarke with violent blasts,

For impeaching the free Conuoy of the *Spirits* by obstructing their Conduits the *Nerves* and thereby mustering vp *Suffusions* of the *Eye*, *Palsies*, *Convulsions*, *Apoplexies*, *Epilepsies* or the like; because it may be controuerted, whether the inrolment of these belong to this Band or to some Regiments mustering vp malignant vapours, or other hostile meanes, I leave it to the subtile disputes of deeper straines.

But I may not omit his obturating or contracting the Pores of the skin (whether by mustering the cold and open ambient *Ayre* against the Main, or by calling in some ayerie or windie Percolation against any one Member) whereby excrementitious matter rarified into fuliginous vapours for exhalation and evaporation is reverberated and driven backe againe. For this *Reverberation* shuffles the *Humors* and the *Spirits*, into confused *Combustions*, and all the *Intrinsicke Faculties* into mutinous and tumultuous Routs to the grieuous pervert and great disturbance

turbance of the *Oeconomie* of the *Microcosme* and many times to the vtter subuersion and ruine of the *Fabrick*. Besides; who hath not heard of the *Hollād Balne* & of the *Bay-life* of the *Hundreds* (*Popular Agues*, *Plaques* of those parts) how frequently they infest these *Fenny* & *Moorish Flats*? Neither of these walkes (and they are ever restlesse) his *Perambulation* (chiefly the *Autumhall*) but hees furnisht with a thousand *Warrant Dromons*, to attach with *Arrest* that will daunt the *daring courage* of the stoutest *Hearts* with shivering cold, and trembling rigour; yea, more, before he leape *fingring him on whom* he once fastens his hold, he will amaze his manhood, melt his marrow and brawne strength, and powre out his haughry *Spirits* in sordid *Sweats*. And doth the *Vp-land Countries* scape and goe *Scot free* from such banfull *Arrests*? shew me the *Towne* can truly tell and auow it smells not of the *Summons* of a *Triennall Visitation* (at least) by some *Epidemique Disease* or other? If the *blacke Ague* (so the *Country* calls her frequent but vn-welcome guest, *Synochum putridam malignā*) the *Measles*, *small Pocks*, *Tertian* or *Quartan* feuer will be sure to haue a fling amongst the: And few or none goe about to aske or once

to question them, but let them passe unpunished as too potent or too masterfull to be dealt withall. For all these miscreants this mild medication is a dainty & deliver *Supersedeas*, to prevent the Arrest, & seldome fails of an authentic *Liberate*, to deliver frō all dures of such fellow factors. Nay, though hee's no right *Errant* nor a true *Arrant Bailiffe*, that loves not a Cup of nappy Ale, yet whosoever's perfumed with a *Fortnight*-*sent* of my Ale, hee's sped of a *Spell* that will not fail to *fright-away* all such *Miscreant spirits* from neerer approach.

For noble Panala (*Penthesile* like armed at all points) passing corporally by *veins* and other vessels, and *spiritually* by invisible *Perpirations* into all the members and dimensions of the body (*per totā transfusibilis et perpirabilis*) smites and hunts out all superfluous and vitious contents, and scurts them forth from out their lurking *Holds* and *Dens*, by means whereof no matter being left for putrefaction nor for obstruction, the whole body acquiesces in free perpirability, and the *Calidum Innatum*, no way obtrude but freed from extinction, yeeldes to no forraigne contagion, nor stoopes to inbred corruption, but stoutly and strongly marches against, encounters, foiles and eliminates all malignities. For by
attenuating

attenuating, absterging and evacuating, it
 quits all the *materiall causes* of those and o-
 ther morbidities, intercepts and cuts off
 their convoyes of Munition (whether con-
 sisting in vicious or superfluous Humors, in-
 disposition or excess of nutrient Juices, or
 other contents, or straightness of the passa-
 ges) and by rectifying and roborating the
principalls, remedies the distemper and imbe-
 cility of the *parts*, and diverts or quashes
 their mischievous designs, and lastly by
 congruent *association* to *Nature* and by equa-
 ble and proportionate *contrariety* to *Sickness*,
 it conserves and maintains the *state* of the
Body in good latitude of *Health*, repels in-
 congruent diseases, and effectually repairs
 lapsed and impaired *senitude*.

Such and so manifest, with many more,
 howsoever these attributes may seeme to
 many men to be too many, are the virtues
 and effects of this duly composed and truly
 impregnated *Panacea*, especially if it be (as
 it alwayes ought to be) ministered *Medica-*
mentum, quæ universalis particularibus, ordinata
& rationali methode, accommodata; *adhibet*;
 otherwise, it is (like every other Medicine)
 but a *Carvers* tool in a *Carvers* hand, whose
 wooden workmanship quickly mottes, but

never makes a good *Sculpture*. Tis not the instrument but the knowledge and dexterity of the Artist, which makes up the *Master-piece* in every *Artifice*: *Argus* his eyes had kept open his eyes to keepe on his head, if better *sieging* than *Pan* rude handling, though upon *Apollon* Harpe, had noe charmed them with harmonious melodie to berry their double charge.

CHAP. XII.

Of the cheap and prest accommodations

of Parale.



Any irrational creatures, led by the meere *Instinct* of Nature, doe, upon occasion of need, betake themselves to thruse of medicinable meemes for recovery of health and cure of hurts: But *Man*, illuminated with the Divine Beames of a reasonable Soule, is many times (more than onely the *beastly* *vulgi*) much more sottish and more absurdly conceited in this kinde, than meere bruits, (*Birds, Beasts, Fish, Reptilia & Insectations*) which

which we know doe vsually vse (with much labour many times to finde or fetch) Physicall helps for their hurts and infirmities, where he is so farre from the intertaine of the Practicke or approue of the Art, that hee condemnes the sacred ordinance, which God himselfe created (and gaue to our first Parents) diuine Oracles so much and so oft commend, and prophane Authors of all sorts (*Philosophers, Historians, Orators, Poets*) callaud, in so much that *Dancellin* holds them worthy to be abandoned of all mankind (*Antipyras relegandas*) which dare scarce sentire, in certaine an ill thought of it, and doubtlesse would hold him vnworthy the comfort of any creature that should collimie brand or belmeere this heavenly gift of the Creator with the soule clouted terme of Imposture or Iuggling. Yet for all this fond fancy against *Physicke*, the silliest *Man* of a million, when he sees his *Inde* tainted with the *Yellowes*, or his *Beast* infected with the *Murren*, will haste for helpe to some *Horseleach*, and count it frugality, and good gaine too, to recouer a Cart-horse with a Crowne cost (sometimes) in hope to recouer ten. Oh, but to bestow five shillings in *Physicke* vpon his owne horse, is a pcellance expense, the quarter charge

charge will goefare in *Alc-berries* and *Caw-dells*, and a few pence will furnish the whole *Manie* with *Trivacle* and *Aquaviva*: if these and a pepperd *Possill* with a *Head-bind* helpe not, then farewell my neighbour *Hide-bound*, he'll rather dye thrice, than deale once with other Drags than such as his *Maud* can mash, and his fore-fathers vsed to meddle with for their *Medeale*.

Thus many people, even whole *Myriads* of *Men*, through their superstitious adheren-
 nesse against *Physicke*, or penurious pedling with *paltry trash*, or idle tempering with tin-
 kedie *Physicianries*, doe ordinarily, in their
pauny-wis *wisedomes*, exhaust and consume
 both *Body* and *Goods* in long languishings,
 which might have beene easily remedied and
 redeemed by the timous counsell of an ho-
 nest *Arriist*.

For instance; Is it not a world of wonder,
 to see, what palpable poore neglect is com-
 monly cast-vpon the curative care even of
Furie Fevers, chiefly *Quartanes*? doth not
 almost every *Man* (though nigh mated with
 stupendious *symptomes* and *passions*) feed his
 fond fancy with this *Selfe-soothed Sooth-say*,
 Tis but an *Ague* and must have the Course;
Incursum nimirum suo Quarantana non esse impo-
diendam,

diendum, this misconceiv'd *Tenes* must blanch and roborate their sorry Conceptions, which further also to colour, one foists a piece of *Piso*, snatcht from the Sequence, for his plea, and boldly shewes from *Hippocrates*, that of all *Fenors* the *Quartane* is the easiest and the safest, and vindicates from other great Diseases, as *Convulsions* and *Epilepsies*. Another dights-up *Anisae* Doore with the *Ding-dong* Proverb, *Pro Febre Quartana rudo sanat Campana*. He flatly tells you, the *Bell* seldome tolls for a *Quartane*, never considering that *Erratique* and *Quotidian* *Agnes* denued from grosse and pituitous *Humors*, putrifying (whether turning *arbitrary* or otherwise) doe for most part turne *Bastard-Quartanes*, and that *Quartanes* concomitant with vitious *Liver* and other vessels ill affected doe often lapie the *Lamb-Physick* into *Scurrosities* of *Liver*, *Spleene*, *Kidney*, and breed *Dropsies*, *Jaundise*, *Hypochondriaque* *Melancholly*, or some other scurvy Disease, of which euer and anon diuers are dropping away, or else drooping in desperate languishings, to teach them and all such *Selfe-soothing heretiques* in this kind, that this *Opprobrium Medicorum* (the *Quartane*) springing from the impatience of inconstant *Patients*, nor brooking

brooking nor abiding any regular course for due cure, can quickly turne to a sharpe and a tough *Scourge* to schoole them with a *Pay-Home* by attourney, shall make them cry *petitions* for so fond sleighting salutary *Cases* and medicinable *Cautions* for due Cure.

These *Men* are no markes for the bent of my aymes, I am well contented my Composition suits none of their humours; why should a man study the cure or the care of them, who are so carelesse of themselves? *Fatuitatis sua penas luent*, let them reap the rotten-ripe bitter fruits of their owne follies, and poss to anticipated ends before their times for contempt of the meanes, or lingering miserably dye to saue charges, if it bee sauing to be disabled, by long *languors*, of following their Callings which call for their personall mannage, without medication, for most part, very slowly made compe-
tible.

For such as blow-*vp Trifle-Fees* with tur-
gid *put-off* of wind-puff Complement, let
their empty bladders freely float-on their
dung-hill puddles and turne ayrie Bubbles,
till their glitterand selfe-swolne greainesse,
with the Launce of inward Pride (not of my
Pen) burst into *Hally-water* to besmeare their

by *W. W.*

browes in their base bowes to *Mammon*.

For those who once assured of cure, by honest care of the careful Physitian, doe straight grow *sight-sicke, care-sicke, thought-sicke* of him, and in stead of remunerating his merits, doe nauseate his *Face, Name, Memory*; let their penance bee daily to be verst in publique profession of this four-fold version, till shame, conscience, or dread of Duell with the last aversion, worke his conuersion from penurious basenesse,

Deus.

*Umigris agrum prope Mars circumdatae alie
Funestamque aciem funera jamque paras,
Tum me promissis beat & damus omnia adagus,
Meq; salutarum clamitat esse Deum.*

Angelus.

*Paulo ubi conualuit, paulum de nomine nostro
Cessit, & in nostris auribus ista sonant.
Tu Calo nobis demissus es Angelus alto,
Præmia quæ vestri quanta laboris erant?*

Homo.

*Iamq; Machaonia magis & magis arte lenatus,
Cum sedet ante focum progrediturq; triper,
Oh Homo vix frustra, tantos subisse labores
Nescis, quod restat in modo tolle malum.*

Dæmon.

Daemon.

*As ego, si potius iam sanum premia poscero,
 Ille Deus prodem, non Cacodemon ero;
 Auras verba volas, mala ex circumvolas aures,
 Lascius me, toruo lumine, pellis omis.*

I have transformed the last lines of the
 Doctors gradarie Disregard, and translated
 it thus,

God.

Whilst ere thy down-sick Head pale Death doth houer,
 And's eager Stoops to trusse thy Soule affright thee,
 Faire Heights of Bounty blesse Me, all doe honour,
 All Deitie, all God of Health doe heighe Me.

Angell.

Straight as thy State to better plight inclines,
 I me styl'd an Angell sent from Heaven to cure Thee,
 My Deitie to Demi-God declines,
 Yet O, what golden words thou giv'st c'allure me!

Man.

Still, as thy strength doth wax, my worship waines,
 Chaire, Staffe and Stomacke, all things giv to ease thee,
 Good Sir now saist, yet happy are thy paines,
 Root out the Reliques and be richly please Thee.

Devill.

But to full freedome bayl'd from boy'n-full Euill,
 If then my carefull Visits speake due prize,
 God Heale, Gold Heights forgot, thou dubst me Devill
 And (scurvie) countures forth with corne Eyes.

*Thou, when with painfull Cure I cure my Patient,
 The Scke thou mast I personate, turne Patient.*

To meet with some misconceivings of better minded people, who, willingly embrace Gods Ordinance, and the vse of ordinary meanes of cure by *Physicke*, but not well apprehending, heeding or remembering their directions for vsage of the medicines prescribed or giuen vnto them, wrong themselves and crosse the *Physician* in their preposterous applications, I haue selected and settled vpon the composition of *Panacea*, the prescript of whose Administration and vsage is so plaine and familiar, no man, of any braine, need fall into any misprise or mistake, much lesse commit the palpable grosse Errors, which many runne into in most other medicable courses, in which euery Practitioner finds *mistakings* to be as vsuall as *Eating* and *Drinking*. Here's one champes his *Pills*, and for disgust spits them out with an *our*, another stuphes or bathes with his *posion*, a *Third* drin kes his *Clister-stuffe*, or eates his *Suppositorie*, and there's one turnes *Electuaries* to *unguents*, *Injections* to *Gargarishes*, & vice versa; but he that's so wane, hee will not turne th'other furnishment to the Task of his *Teeth*, yet mistakes the *morning-Drinke* for the *Enchings*, and either doubles or diuides th'appointed *Dose*. But in th'vse and pur-

uit of *Panala*, there are nor curiosities, nor varieties of the Medication, to beget misprissions, only a constant *Course*, without any *Gamber*, to drinke a *Cup* of *Ale* twice or thrice a day, as is shewed *Cap. 5. & 6.*

Panala also happily prevents and cuts off the fond irresolution which ordinarily possesses many *Patients*, who having taken a *Dose* or two of any *Prescript*, and not finding manifest present-ease thereby, doe straight entertaine a strong and a resolute abandoning of all further progresse in *Physicke*, when that they tooke was perscribed but in *Nature* of a *preparative* to the maine *Inrention*, either onely to prepare the *vessells* or the *Humors*, or to comfort the *Spirits*, and enable *Nature* to hold out for the cure. For coming in the *Port* and customeable *Habit* of meere *Ale* or common *Drinker*, what *Man* amongst a *Million* will be so wilfull or inconsiderate, as, having past the *Pykes* of *payment* and *preparation* of the *Potion*, that he will euer entertaine a thought of refusing or giuing over so prest, so familiar and so freindly a *Companion*, before the last *Cup* conclude and strike the *parting blow* of a comfortable kind *Farewell*? And the resolute *Patient* by constant persuecing in propining and following

following the *Medicine*, may with good assurance propound and promise to himselfe truly to reape the ripe and whollsome fruits of the principall Intention by beneficent *Medication*, which so many daily misse of through impatient and preposterous hast to reach and reape them before *Martristle*.

For those therefore that in *Heart* doe honour the honest *physician* as the *Instrument* of *God*, ordained for their *Health*, and like good *Tenants* for *Term* of *Life* eary conscionable minds, to keepe the *Edifices* of their *Bodies* committed to their care and custody, in good and sound plight, and to repaire *dislapidations* and *decays* respectiue, although perhaps neither very able to bestow much cost, nor in case to spare much time in *Quest* and *pursuit* of such their care, haue I published the benefique operation of this most accomodate *Medicine*, that I may in some reasonable measure gratifie such their ingenuous respects: And for further gratification, I haue at all times *Funds* or *Bags* of the *Ingredients* in readinesse made vp compleat (as well without *purgatives*, as with them) and fitted for *Infusion*.

The *Bag* is portable (in pocket or otherwaies) many *Hundred Miles*, and durable in

full vigor and virtue, thirty or forty dayes at least, yea many Moneths, being made vp without *Raisons*, so that any man may furnish himselfe therewith in his travell, or otherwise, and at his pleasure and leasure, when he comes home, insuse and vse it without *Curiosity* or *Incumber*.

For the *Body* thereof, let that bee no Burthen of *Impuration* to any, *Impeach* of the Reputation, seeing as I have said, it *Supercedes* the *Additaments* which many famous Medicines of other *Formes* need. *Bodifying* with all for apt taking and *absorption*, in that being composed into potable Liquors impregnated with the *Essentiall parts* and *Spirits* (no whit evaporated with forraigne heat) of every *Degradation*, diffused in and incorporated with ordinarie Drinks, there can be no vehicle or better Conuey of medicinable qualities into the *Members* & *Remotes* of the *body*. The purchase of *Panala* is too cheap for so precious a medicine; for the price is but five shillings - (with directions for the vse) and the same serving for two Gallons of *Ale* will furnish two Patients for seven, or One 24. daies *Physicke*, as aforesaid; so that a man may have two *Doses* or *Draughts* for a *Taster*, which in other Medications is commonly

monly doubled and many times trebled for one *Purger* but compounded without *purgers*, you have it for the moitie of the charge, and this makes a most delicate Drinke (of like quantity) of much more true worth than *Bragas* or *Meibeglin*.

Panale also supercedes and saues the charge of *preparations*, for cutting of humors and of *vehiculum*, for diffusion and carriage into all parts of the body, both which helps are necessarily required in most other sorts and formes of *Physicke*. Besides that, this sparing or temperate *Diet*, requisite in the use hereof, saues more money in *meat* and *Drinke*, then the cost this *Physicke* comes vnto: and for the second *Infusion* of the same *Bag*, it lasts no lesse time, and costs nothing you know but new *Raisins*, and *Ale*, yet is it of excellent use, either for *Meale-Drinke* in the use of the other, or after the other is spent for rectifying and confirming the *State* of the *Body*. For the new and Nude *Infusion* compounded without *Purgers*, the proportion finds a man altering *Physicke* for a matter of two pence per *Diet*, (besides *Ale*) except it bee made a *Meale-drinke*, which in most cases is needlesse.

Tou ching the *Time* taken vp in continu-

ing the take of this Physicke, I may say, *Sat cito, ut sat scito, fit Medicatio, quæ sat bene:* Good speed is evermore best speed. But this salve may well be saved, here's seldome any *Sore* to need it, For in *Cautionary courses*, for Prevention of Infirmities, it spends time, but loses none, because it interrupts no business, save when the Inclemencie of the Heavens giue *Caveat* of *Keepe-in*, to auoyd the injuries of ill weather, which no wise man will vpon any *Naturall Flax* expose his body vnto: and in the *Arrest* of Sicknes 'tis the Infirmity, not the Physicke, that detaines him within Doors, not so much for shelter and covert from the frownes and worie effects of the Skye, as for the necessitated *Dwres* enforced by the *Disease*; besides, that if vrgent occasions call forth into intemperate weather from *Cautionary courses*, he may intermit a day or more, as in *Cap. 6.* is laid downe.

Nor doth the medicine giuen ouer, or ended after moderate continuance, constipate or leaue the body Costiue, over-dryed, heated, debilitated or exhausted of *Balsamique iuices*, nor affected with any distemper, all *Impression* or deprauing affects cōtracted or dimanung from the same (as is already declared *Cap. 9.*)

but

but well disposed, vigorous, active and full of Spirits.

He that is any thing versed in the *Practique* of *Physicke*, may easily observe and find, that *Nature* evermore best accords and co-operates with Medicines which aggrate and oblectate the *Senses*, but shewes her selfe averse in refractory reluctance against the displeasing, so that even *Stomatiques*, given for comfort and fortification, if they be very ingrate, doe bring forth little Good, but instead of subuening and helping, they subvert and hurt the *Ventricle*: what fruit then can be expected from *Physicke*, whose *Dispass* and auersnesse to *Tast* and *Stomacke* breeds that nauseous loathing in *Nature*, which perverts her operative Faculties in all parts of the Body?

Best practitioners therefore, to prevent all incongruences, and to gratifie the patient, do clarify, color, edulcorate, acidulate & aromatize *Syrupes*, *Infuses*, *Apozymes*, *Electuaries*, and other *Formes* of *physicke*, respectively, palliating pills with gilding, when they cannot palate their bitterness. For when familiar Objects delight the Eye, recreate the Sensory of smelling, please the *Pallate*, comfort the *Stomacke*, and exhilarate the *Heart*, (that

Fountain of Life, they Sympathize and side with Nature, eleuate the *Spirits*, stimulate and stirre up the languishing *Appetite*, rouse her dormant *Forces* and *Faculties* (vitall and animall) sopore in sicknesse, and resuscitate and refresh the *Nature*. Heat which alone conceits, digests and calmes *Diseases*, and by extenuating the *Thicks*, and cleansing the viscus *Humors*, and by expediting *Obstructions*, facilitates and promotes the operations both of Food and physike, in so much that purges compounded of some *Ingredients* which of themselves would subuert or disturb the *Stomack*, if they be condited, corrected and accommodated with good *Aromatics*, they are little or nothing offensive to the principall parts, and more safely purge excrementitious *Humors* by *Stoole*, as also by *urine* respectively.

My care therefore was so to compound my *Panacea*, that besides the little Cest and little Chamber, it neither offends the *Eye* with the loathed *Object* of a muddy substance, nor the *nose* with ill vapor or savor, nor *palate* nor *ventricle* with disgust or ingrate *Relish*, but it is a depured, cleere, sweet, delicate and singular *Extratt* impregnated with the succulent *Tyces*, sincere *Spirits* and singular *Vir-*

of *Specificque Ingredients*. Moreover, 'tis of a moderate *Temperature* indifferently accommodable to every *Age, Sex, and Constitution*, and so familiar and pleasing to the *Sight, Smell, Taste and Stomack*, and so conformable to the *principall Members*, that the most curious palates and daintiest Bodies may, and doe *drinke* it, and *digest* its operations with *Delight*: yet for all this will I not arrogate the title of a *Primum, Possum, Arcanum* unto my *Panacea*, though considering the whole *progresse of preparations of the Potion* (from the growing of the *Grains*, to the drawing of the *Drink*) it may well merit the esteeme of a singular *Extract and Specificque Medicine*.

Much lesse will I bee so absurd an Impudent to attribute unto one and the same *Infusion*, founded vpon irrational *Empiric* or other confused *Intention*, the potent *Supercede* of all other *Physicks*, and so to gull the world or beget an opinion, that my single *Panacea* is simply an absolute *Panacea*, which *instar universalis cuiusdam universalissimi*, is able to cure all *diseases* in all *Persons* and at all *Times* promiscuously without other *meanes*. One *Last* fits not the *Size* and *Shape* of every *Foot*, nor can any one *Medicine* bee of that admirable *efficacie*, that it can alone perform
all

all the Intentions of Medication in all *Constitutions* and *Complexions* (no lesse numerous and variable than *Faces*) and in all *Cases* of *Sickness* without distinction: yet thus much give me leave to affirme and say of it, though I doe intirely honour the *Fundamentals* of *Physicke* found in the most exact observations of our *Fore-Fathers* (the *Grandees* of *Medicine*) that for virtues & accommodations, this *Potion* it is not easily paralleld; besides that, it hath this speciall *prerogative*, that it is in a manner a *Compendium* for all cures, the *base* & *perpendicular* that measure all *Triangles*, or rather the *Triangle* which measures (even without either of them) all *Figures*, and may easily be reduced to the equivalence of a *Circular Scale*, or *Sector* accommodable and applicable to every *Chart* or *Dimension*, such it is richly suited with *preparatives*, *evacuatives*, *cordials* and *Restifiers*, and may easily be impregnated with the spirits of *Spaw Waters*, with more salutary prevalence than can bee derived from crude springs, whose farre blazed fame superstition rings so loud.

And thus I have given you a briefe description of this *Potion*, which I have called the *Panacea Medica*, and which I have written downe for the use of the *Publick*, and for the private use of the *Particular*.

A summary plaine Direction for the Patients preparation and vsage of Patula, with the Cost and virtues thereof in generall.

THe Bag of Ingredients is commonly here to be had of me ready bound up for convenient carriage to any place in the Kingdome, the weight and bulke small, the cost little, for I afford it for *fine stillings* with Purgers, (for halfe the money without) yet haue I enlarged it for a portle more of *Liquor* than ordinary to last and serue one man a full fortnight, that it may bee continued two whole *Quarters* of the *Moone*.

With a pebble stone, a forked sticke or other force, sinke and keepe downe the Bag of Ingredients to the bottome of a small Rundler, vsuall Steane, Stand or Ale kanne, and turne vnto it two Gallons of New-ale, and put loose into the Vessel three ounces of Raisins of the Sunne (if there be none in the Bag) cleane washt and slit halfe through, yet not opened nor stoned.

Yest the *Liquor* very well and hung it vp close, or, with a cloth couer the Stand or open vessell, and shift the yest of this once in 6 or 7 dayes to continue the Ale quicke and sweet, keeping

keeping it from extreame cold in winter, and from heat in summer.

The best time of the yeere to take this portion, is the *Spring* and the *Fall* of the *Leafs*, yet it may conueniently bee vsed at any other *Season*, so that the *Patient* keepe himselfe from the iniuries of *Winds*, *Raine*, *Heat* and *Cold*.

It is commonly drunke after *thres* dayes infusion, but if the drinking of it bee deferred twice so long it will be clearer and better.

Take it fasting in the morning, (halfe a pinte or more at once) or after a potche *Eggs*, or some other little repast, and two houres before *Supper*: you may likewise drinke it one or two houres before *Dinner*, and two or three houres after *Supper* also, if you would purge much in few dayes: but milde working for many dayes by moderate drinking is the best order.

In *Winter* scarre off the cold with a *Tost*, and *Nutmeg* and *Sugar* if you will: to prevent *Night-rising* and taking cold, it is not amisse to take it an houre before you rise, when you are vp and readie, and an houre or two before *dinner* also if you please, and none after noone, and it meales the best is to forbear it.

In faire weather and temperate Seasons, if the body be of ability, neuer intermit or forbear your *ordinarie businesse*, but rather, to further the operation of the Potion, follow your outward or field affaires or exercise; but both these must bee moderate and betwene Sunne and Sunne: Nor is it amiss to exercise the body in vnseasonable weather also, provided this be done evermore in this case within doores.

Let your *meats* be moderate, and alwayes end them before your *appetite* bid you, evermore rising with a good *stomacke* and desire of eating more, and, so much as, with convenience of your *calling* and *occassions*, may well be, refrain meats of *ill iudice* and *hard digestion*: yet strong constitutions and bodies inured and accustomed to much labour, coorse fare or grosse food, may vse their ordinary *Diet* for the qualitie or kinde of meats, so that they exceed not in the quantity: but raw fruits and very salt meats may not be admitted.

This *Panala* is a nourishing *Potion*, yet a gentle purger and clenser of the Body of all ill *Humors* and *Superfluities*, by *Stoole*, by *Vrine*, and by *Sweat*, a pleasant *Curer*, and a singular good *preuenter* of *Crudities*, *Rheums*,

ob-

obstructions, (three maine fountains of infinite Infirmities) and most other maladies whereunto the body of man is subiect.

It may with safe and good successe be vsed of young children, tender women, and weake bodies, both in sicknesse and before, for it is a comfortable *restifier* of the whole state of the Body.

But in *Consumptions* of the *Spirits* and solid parts, it cannot safely bee continued if it be made vp with *purging Ingredients*, though without them it may be compounded to bee of excellent vse for singular comfort and strength in such wastings, and all other weaknesse.

This is the Summe and Substance of the whole Booke.

Ad

Ad



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Ad Bencuolos.

If Hackney-hoists prate lip-lash (humor-pleasings)
 Guests & intertaine, may freely vent fans Gages,
 Then why not I word-gardies, shew you-leasings?
 Coy chamber-chats to court quaint garb for pages?
 For youngster spruce terse rolls of shew-rich wits?
 Strong lines to line th' weak sexiness of my wits?
 Plaine Eustian here the Fresh-mans Capper to fit,
 There Inkhorne termes for Pedants pious Clerks,
 Here Ale-froth (Turgent style) for barmy wains,
 There Linsie-woolsey Stuffs for Travellers,
 Here phrases phalerae for Courtly Streines,
 There briske Embellishments for Cavaliers,
 Cramb biscott for carps, for Monks musty cold
 For palate puffs-paste, humbust for the Braine,
 New coin for new-comers, for Eld th' antick mold,
 For learned Lads Colours of richer Graine,
 For shallows shails, sunes and Mercuriall flashes,
 Prest sulphur-fancies for quicke vapourists,
 Substantiate salts (extracts from lighter ashes)
 And kernels for Sophian Centralists:
 Hug, shrug, fleere, jibe & jeere, so th' humor please
 The bent of my ambition is to ease you, (you,
 And send you iocund Health
 To ioy your Ioviall Wealth.

A Iove principium.

The Reins of Life and Death are in the Lord
 Almightyes hand, without his providence
 Sparrow nor Hayre doth fall, (tis Christs owne word)
 Much lesse doth Man, the lucid Evidences
 And patterne of his daily patronage :
 Hast Griefe or Sicknesse then thee prostrate laid,
 And for reliefe wouldst (provident) engage
 Thy resolution for Physicke ayde ?
 True-humbled first vnder Gods mighty Hand
 With contrite penitence thy sinnes agnize,
 His mercies craue, with conscience well scand
 To him in Christ (the Lambe, blest Sacrifice)
 Thee reconcile : The Meanes then pray him blesse,
 And straight to Physicke doe thy selfe addresse.

Flectere si nequeur superos Acheronta mouebur.

Of secret sicknesse when some seisure rare
 Or Symptomes strange doe plunge the indgment poore,
 Blinde superstition then suggests despaire
 Of physickes ayd from grane or learned laie;
 Look-forth rings in the eare, rules in rude hearts
 Some planet ill hath stricke, Fayries haue tane,
 Or miscreant Tongues, accursed Eyes, damn'd Arts,
 Hane plung'd man in such plights to worke his bane.

The wise man straight, or warped mother Mumble
Must be consulted with in this hard case:
To chatter Charmes, or colour'd Cups to jumble
Their Vocator to fetch them trots a pace.

Thus fancies fond God and his good meanes slight
And Troth imply'd with Beliall doe plight.

Vna cademq; manus vulnus opemq; feret.

Doth spirit-griefe, or sicknesse corporall
Thy troubled mind or craised Body cumber,
Wish dints deriv'd from causes naturall
Or supernaturall in waight or number?
To physicke flying if thou dost confide
Simply in Simples, drugs of rare esteems,
Or learn'd Higaxias Art, Thou art cleere wide,
But wider far and wicked, if thou decerne
That any Wizard with his Saintish show
Of meanes, words, writings, colourably pure,
Or woman wise with superstitious Doo,
Of senselesse ceremonies can thee cure:
Gods hand that gave the wound, or way unto it,
Must give thee help, 'thout him no power can do it.

Ne Hercules contra duos.

The Patient, Physician and Disease
Doe constitute a three-fold combatance,

Each

Each couplet siding euer doth disseise
 And quell th' Opponent with concomitance.
 When Patients ioyne in body and in mind
 With Doctors Art, sicknesse is put to flight.
 When ill Physicians, or in iudgement blind,
 Or carelesse, carry not their cures aright,
 But erring gainst Nature, with sicknesse side,
 Such double force not able to sustaine,
 Naught saue destruction can the sick be side.
 But if the Patient fond through fancie vaine
 Side with the sicknesse, downe then goes sir Doctor,
 Gainst Infamy no Innocence gets Protector.

Impar congressus Achilli.

Sole Nature, with selfe-Faculties (at first
 By th' Naturant infus'd) of Actiue Spirits,
 Diseases potent in Mans bulke imprest
 Encounters, combats, forceth, soyles, forth-ferrets:
 Yet recrudescence oft her troope disbands,
 Vneath concoct they what rebellious lurke;
 And when impact ore-Ballast; all their hands
 Doe maxicle, to weale how should she worke?
 But lighten straight her load, and breake her Bands,
 Shele grapple with Gigantine griefes; repeale
 Deaths menac'd doomes, where Arles- idle stands,
 Expecting th' aydle force, which Time doth steale,
 Till Nature will, and Physicke will not, worke,
 Bieres meerly build to beare the corps so th' kirke.

Bis orat, qui benè laborat,

When prest Obedience and industry pace
 Concomitants close siding faithfull prayer,
 Prayer then (sure) purchaseth th'entrusted Grace
 Of health and heavenly helpes which man doth shear.
 But th'idle verbatist, whose addle braine
 Thinks for bare labour of a lip of babel
 As Gods immediate hand supplies to gaine
 Sans meane and selfe-denoire (grant-seale and label)
 To pine or perish in his want deserves
 For disobedience to his Ordinance,
 Who his best boones and blessings choicere serves
 For doers, the Industrious to aduance.

He double prayes, who lab'ring well pursues
 Due meanes for good, ordain'd of God to use.

Plus Ultra,

He that with Clyster can the Costline ease,
 The stufe Intestines scour with rousing purge,
 The stomacke and confining parts release
 Of Ballasts, which with greivances them vrge,
 Can slice a veine, and by the trifid sluce
 Of sanguisuge diminish peccant blood,
 Can dose a Dormative shall drine a Trace
 To vagrant spirits, when wants of sleeps make wood,
 Thinks

Thinks himselfe worthy of the Doctor Chayer
 Cause thus he Trets the road they daily plod;
 But there's Plus ultra, ere he can repaire
 The craised Bowe of the soules abode;
 Treasures of blood and Radique humide stve,
 From depredation shield, Life balsmorestent.

Natura non facies alium.

The sickes are way-farers (with cumber loaden
 Of trasbie reliques) bound for pilgrimage,
 Physicke an Angel, that lends wholesome Leaden,
 Lightens their burthens, yeelds kind equipage,
 Cleers, plains, makes passable, safe guards their waies,
 With brizes coole correcteth soultie Heats,
 Shades with umbrels from Phœbus torrid Rayes,
 Cold, wet and wind, and dirt and dust defeats,
 With cord' al food and rich Borachios Armes,
 Thirst, hunger, faintings, wearinesse auerts,
 From bainfull Cates, false baits, fly Syren charmes,
 The Appetite, Sense, Fancy, all diuerts:
 Thus with more ease, lesse time & toyle they trip it,
 Yet at an instant looke not they should skip it.

FINIS.